

A Catalog of Classes, Special Events, Support Groups, Trips, Fitness Activities and Much More

**Over 400 activities  
inside!**

# Activities Catalog

**January–June 2013**



**Life is a  
Journey...  
Have some  
fun along  
the way.**



**INSIDE!**



Winter 2013

Dear Friends,

Welcome to 2013!! Albuquerque's six Senior Centers, two Multigenerational Centers and three state of the art Fitness Centers are beacons to guide you to leisure-time recreational and educational opportunities that benefit participants by helping them to "achieve their potential, share their wisdom, maintain their independence, and live in dignity".

This activities catalog is a resource for finding classes, special events, presentations, activities, services and trips that are available through our Department of Senior Affairs. Each day is filled with chances to make new friends, visit with old friends, to eat, learn, play, create, travel, exercise, volunteer, and contribute to our rich culture.

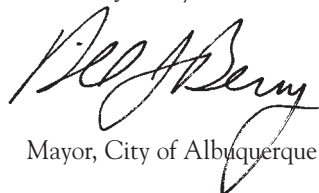
Baby Boomers are turning 65 at a rate of 10,000 a day for the next 15 years. By 2030, it is predicted that New Mexico will have the fourth largest population of folks over 65 in the nation. The Department of Senior Affairs is preparing for the future and Albuquerque's city government continues to provide the support for an exceptional department and services.

Our two Multigenerational Centers welcome members from ages 6 to 106 and bridge the inter-generational gaps through services, activities and programs. Membership at the Senior Centers is open to all persons 50 years of age and older.

Senior Affairs partners with numerous city, county, state and federal agencies, services, businesses and programs to create a network of activities that is navigable, affordable and beneficial.

Enjoy this catalog. Keep it handy. Let us help you celebrate your life. It is our privilege to serve you.

Richard J. Berry



Mayor, City of Albuquerque



Mayor Richard J. Berry

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Winter 2013

Dear Friends,

The Department of Senior Affairs is an ever-changing department that strives to meet the needs of Albuquerque's citizens. We are aware of the aging trends in the United States and how those trends will impact the community we serve. A plan to address the evolving needs of the community and to provide the services that help us achieve our mission is underway in order to prepare for the increase of the senior population.

North Domingo Baca Multigenerational Center has just completed phase two of a proposed four-phase process. Nine new rooms have been added to this newest multigenerational center in the Department. An arts and crafts room, aerobics room, one computer room, a gaming room, three classrooms, a card room and a pool room have been added. Please visit the Center at 7521 Carmel Ave NE (just north of Wyoming and Paseo Del Norte), and enjoy what this state of the art facility has to offer.

North Valley Senior Center recently underwent a re-modeling of the kitchen, and Bear Canyon Senior Center is being renovated to undergo improvements.

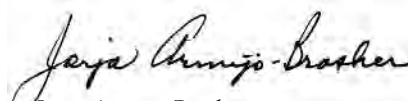
All eight of the centers are in the process of receiving national accreditation from the National Council on Aging (NCOA) and the National Institute of Senior

Centers (NISC). This is a complex, detailed process for the Department, but it will provide national validation of the premier quality of the programs and services that make Albuquerque a fore-runner in the nation of outstanding senior centers.

This catalog is a reflection of the diversity of educational and recreational activities that benefit the quality of life for all Seniors and their families in the Albuquerque/Bernalillo County area. We hope you fill your leisure time with many visits to our facilities.

Thanks to our many community partners and to the City of Albuquerque's support of the Department of Senior Affairs. We are on solid ground to provide our members the finest programs and services available.

Here's to a healthy, active and productive 2013!



Jorja Armijo-Brasher  
Director



Jorja Armijo-Brasher

Look for this logo for activities hosted by Cultural Services



City of Albuquerque, Richard J. Berry, Mayor

Robert J Perry, Chief Administrative Officer

John Soladay, Chief Operations Officer

Jorja Armijo-Brasher, Director, DSA, City of Albuquerque

The City of Albuquerque/Bernalillo County Department of Senior Affairs Headquarters is located at 714 7th Street SW. Program inquiries may be directed to 764-6400

DSA Advisory Council: Kenneth J. Carson, Sr., Marianne Chiffelle, Victoria Godwin, Jeanette Harris, Mary Jaramillo, Yumi Johnson, Chairperson, Tina King, Mary Martinez, Mabel Padilla, Al Provencio, Agnes Vallejos, Susan White



City Councilors

District 1 .....Ken Sanchez, VP  
District 2.....Roxanna Meyers  
District 3 .....Isaac Benton  
District 4.....Brad Winter  
District 5 .....Dan Lewis, President  
District 6 .....Rey Garduño  
District 7 .....Michael D. Cook  
District 8 .....Trudy Jones  
District 9.....Don Harris

Americans with Disabilities Act: The City of Albuquerque does not discriminate on the basis of race, color, national origin, ancestry, sex, religion, age or disability in employment or provision of services. If you have a disability and will need special assistance to benefit from an activity or trip offered by a senior center, please call that location at least two weeks prior to the event.

# Center Directory

**Barelas**  
714 7th St. SW, Alb, NM 87102  
Linda Jackson, Manager  
Maria Aguero, Programmer  
Phone: 764-6436 Fax: 764-6472  
Monday–Friday, 8:00 am–5:00 pm

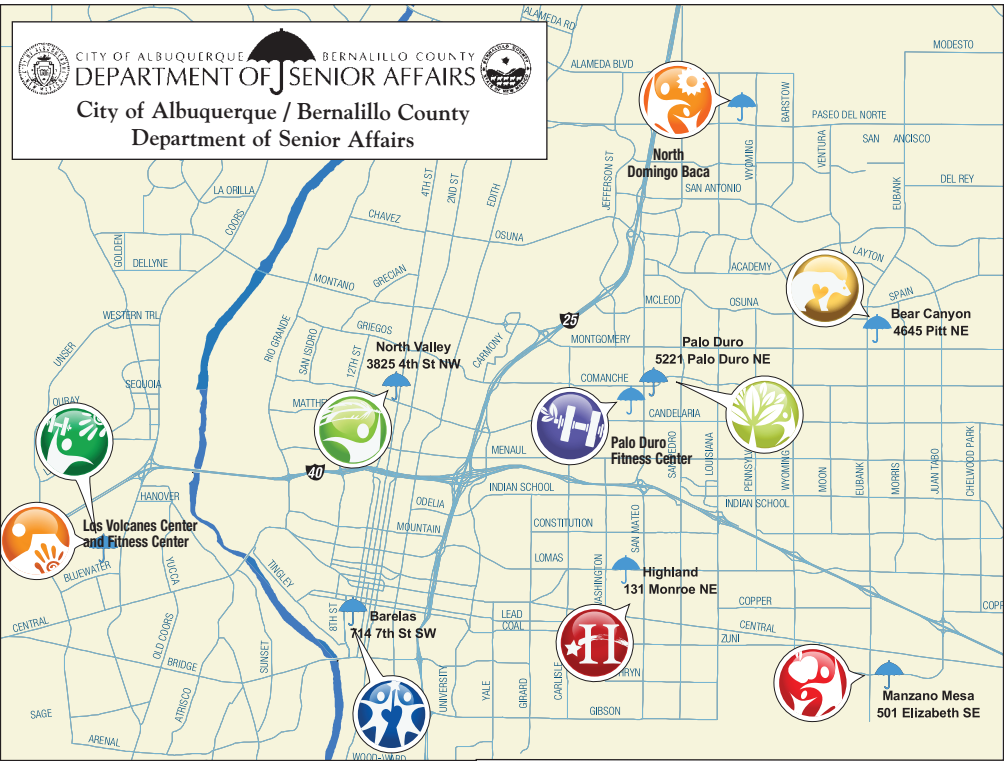
**Bear Canyon**  
4645 Pitt NE, Alb, NM 87111  
Cassandra Vigil, Manager  
Corinne Elwell, Programmer  
Phone: 291-6211 Fax: 291-6237  
Bear Canyon Senior Center will be closed for renovation starting January 2013.  
For updates and information visit <http://www.cabq.gov/seniors/centers>

**Highland**  
131 Monroe NE, Alb, NM 87108  
TBD, Manager  
Julianna Brooks, Programmer  
Phone: 256-2000 Fax: 256-2004  
Monday, Tuesday, Thursday, Friday 8:00 am–5:00 pm  
Wednesday, 8:00 am–7:00 pm  
Saturday, 10:00 am–4:00 pm

**Los Volcanes**  
6500 Los Volcanes NW, Alb, NM 87121  
Gladie Peltomaki, Manager  
Antoinette Sigala, Programmer  
Phone: 836-8745 Fax: 836-8749  
Monday–Friday, 8:00 am–5:00 pm  
Thursday, 8:00 am–7:00 pm  
Saturday, 9:00 am–1:00 pm

**North Valley**  
3825 Fourth St. NW, Alb, NM 87107  
Ed Nuñez, Manager  
Sandra Lucero, Programmer  
Phone: 761-4025 Fax: 761-4031  
Monday–Friday, 8:00 am–5:00 pm  
Tuesday, 8:00 am–7:00 pm  
Sunday 12:30–4:30 pm

**Palo Duro**  
5221 Palo Duro NE, Alb, NM 87110  
Leeann Torres, Manager  
Nataasha Montoya, Programmer  
Phone: 888-8102 Fax: 888-8107  
Monday–Friday, 8:00 am–5:00 pm  
Wednesday, 8:00 am–7:00 pm  
Saturday, 9:00 am–1:00 pm  
Desert Willow Gift Shop  
Monday–Friday, 9:00 am–2:00 pm



### Multigenerational Centers

**Manzano Mesa Multigenerational Center**  
501 Elizabeth SE, Alb, NM 87123  
Cristin Chavez-Smith, Manager  
Patty Gutierrez, Center Supervisor  
Angelina Poulin, Programmer  
Phone: 275-8731 Fax: 275-8734  
Monday–Friday, 8:00 am–9:00 pm  
Saturday, 9:00 am–3:00 pm

**North Domingo Baca Multigenerational Center**  
James Mader, Manager  
Vacant, Center Supervisor  
Tina Jenkins, Programmer  
7521 Carmel Ave. NE, Alb., NM 87113  
Phone: 764-6475  
Monday–Friday, 8:00 am–9:00 pm  
Saturday, 9:00 am–3:00 pm

### Breakfast at the Centers

Enjoy breakfast for just \$1.50  
Monday–Friday, 8:00–9:00 am at 7 of our centers. On occasion, meal service may be cancelled. Check with the front desk for schedule changes.

### Lunch at the Centers

**Barelas, Los Volcanes, North Domingo Baca, North Valley, Manzano Mesa**  
Reserve by noon one work day prior.  
Mon–Fri, 11:30 am–1:00 pm  
\$2 for 60 and older, \$3.25 for 50–59, \$5 for guests under 50 (including children) If you are 60 or older, please donate your fair share to help cover the expense of preparing the meal, however no one will be denied services for choosing not to contribute.

**Highland, Palo Duro**  
Monday–Friday, 11:30 am–1:00 pm  
\$3.25 for seniors, \$5 for guests under 50 (including children)

### Fitness Centers

Karen Baker, Manager  
Health & Wellness Specialists:  
Fitness: Missy Pochiro  
Strength Training: Dominic Saavedra  
Sports: Brent Steinmetz  
Outdoor Recreation: Cindy McConnell

**Palo Duro 50+ Sports and Fitness Center**  
3351 Monroe NE, Albuquerque, NM 87110  
Phone: 880-2800  
Monday–Friday, 7:00 am–7:00 pm  
Saturday, 8:00 am–2:00 pm

**Los Volcanes 50+ Sports and Fitness Center**  
6500 Los Volcanes NW, Albuquerque, NM 87121  
Phone: 839-3710 Fax: 839-9466  
Monday–Friday, 7:00 am–7:00 pm  
Saturday, 8:00 am–2:00 pm

## 2013 Center Closings

<b>Barelas</b>	March 18-24
<b>Los Volcanes Fitness Ctr</b>	Feb 25-March 3
<b>Manzano Mesa</b>	Jan 7-13
<b>Palo Duro Fitness Ctr</b>	Jan 14-20
<b>Los Volcanes</b>	Jan 28-Feb 3
<b>Palo Duro</b>	March 4-10
<b>North Valley</b>	Feb 4-10
<b>Highland</b>	March 11-17
<b>North Domingo Baca</b>	Feb 11-17

### Holiday Closings:

<b>New Year's Day</b>	Tue, Jan 1
<b>MLK, Jr. Birthday</b>	Mon, Jan 21
<b>President's Day</b>	Mon, Feb 18
<b>Memorial Day</b>	Mon, May 27
<b>Independence Day</b>	Thur, July 4



## Using This Catalog

If you have a membership (only \$13 a year) at one location, and are over age 50, you are entitled to participate in all our centers. If a trip or class is filled at your home center, a similar trip or class may be available to you at another.

Our Multigenerational Centers are for seniors, youth and the entire community age 6 and older. For only \$13 you can join our Multigenerational Centers. Currently we have two, Manzano Mesa and North Domingo Baca. Both centers have fitness rooms, classrooms, and meeting rooms. Manzano Mesa has a water spray-ground, a fully automated aquatic play environment where all ages can get wet during the hot summer months.

The activities in this catalog are especially designed for those age 50 and older. Programs funded by the Older Americans Act and the Area Agency on Aging (Home Delivered Meals, Transportation, and Care Coordination) have a minimum age of 60. Some classes and trips require a fee. Other services, including lunch at out mealsites, may request a donation or nominal fee; however, no one is denied services for not contributing. For information on accessing other services, call Senior Information at 764-6400.

- Unless otherwise noted:**
- Trip and class sizes are limited
  - Meals are at your expense.
  - Activities are first-come first-served
  - Unless there is alternative contact information in the listing, most activities require advanced reservations; reserve by calling the host center to sign up (a center directory is on page 3).
  - Activities leave from or take place at the host center.
  - Return times are approximate
  - Class fees are usually payable to the instructor at the first class



# Mealsites

## Enjoy good food, good company, and great entertainment.

Mealsites provide social activities as well as healthy and well-balanced noon meals and are for anyone over 60 who enjoys dining with others. Transportation to mealsites may be arranged at no cost. The meals meet 1/3 of daily nutritional requirements and nutrition education is also available.

Reservations are required the day before by contacting mealsite. A \$2 meal donation is graciously accepted. For meal times and scheduled site activities visit the individual mealsites online.

**Nutrition Program Office**  
2540 Karsten Ct. SE, Alb, NM 87102  
Berlinda Padilla, Mealsite Supervisor, 764-6467  
Danny Holcomb, Program Manager, 764-6468  
Office, 764-6474

**Raymond G. Sanchez Community Ctr.**  
9800 4th Street NW, Alb, NM 87114  
Anita Hamel, 897-8896  
www.my.calendars.net/alamedamealsite

**Armijo Mealsite**  
1714 Centro Familiar SW, Alb, NM 87105  
Miella Rivera, 873-0047  
www.my.calendars.net/armijomealsite

**Embudo Towers, Mealsite**  
8010 Constitution NE, Alb, NM 87110  
Berlinda Padilla, 764-6467  
www.my.calendars.net/embudotowers

**Encino Garden Mealsite**  
412 Alvarado SE, Alb, NM 87108  
Berlinda Padilla 764-6467  
www.my.calendars.net/encinogarden

**Encino Terrace Mealsite**  
609 Encino Place NE, Alb, NM 87102  
Berlinda Padilla 764-6467  
www.my.calendars.net/encinoterrace

**South Valley Multipurpose Center**  
2008 Larrazola SW, Alb, NM 87105  
Viola Abeyta, 468-7604  
www.my.calendars.net/southvalley

**La Amistad Mealsite**  
415 Fruit NE, Alb, NM 87102  
Daniel Padilla, 848-1395  
www.my.calendars.net/laamistad

**Cesar Chavez Community Center**  
7505 Kathryn Ave SE, Alb, NM 87108  
Courtney Morgan, 256-2680  
www.my.calendars.net/cesarchavez

**Tijeras Senior Center**  
#10 Tijeras Ave, Tijeras, NM 87059  
Virginia Rodriguez & Jody Weidner, 286-4220  
www.my.calendars.net/tijerasmealsite

**Pajarito Mealsite**  
6080 Isleta Blvd SW, Alb, NM 87105  
Noel Gutierrez, 873-6617  
www.my.calendars.net/pajaritomealsite

**Paradise Hills Mealsite**  
5901 Paradise Blvd NW, Alb, NM 87114  
America Benecomo, 314-0246  
www.my.calendars.net/paradisehills

**Rio Bravo Mealsite**  
3910 Isleta Blvd SW, Alb, NM 87105  
Maria “Lola” Sedillo, 873-6647  
www.my.calendars.net/riobravo

**Shalom House Mealsite**  
5500 Wyoming NE, Alb, NM 87109  
823-1434  
www.my.calendars.net/shalom

**Taylor Ranch Community Center**  
4900 Kachina St NW, Alb, NM 87120  
Andrew Coca, 678-6006  
www.my.calendars.net/taylorranch

**Thomas Bell Community Center**  
3001 University SE, Alb, NM 87106  
Ronell Brown, 848-1333  
www.my.calendars.net/thomasbell

**Wainwright Manor Mealsite**  
5601 Gibson SE, Alb, NM 87108  
Berlinda Padilla 764-6467  
www.my.calendars.net/wainwrightmanor

**Whispering Pines Mealsite**  
#6 Lark Road, Tijeras, NM 87059  
Lorraine Ortiz, 281-8003  
www.my.calendars.net/whisperingpines



# Activities at the Mealsites

## Arts & Craft Classes

### Crochet Class

Learn to crochet. No charge, we have lots of yarn.

**Tijeras Senior Center**  
Thursday, 10:30–11:30 am

## Dance Classes

### Dance Time with Lola

Ballroom, Latin, Country, Line Dancing and more. Singles and couples are welcome. This is a great aerobic workout.

**Rio Bravo Senior Mealsite**  
3910 Isleta Blvd SW  
Monday, Wednesday, 9:30–11:00 am  
Call Lola Sedillo, 873-6647 before noon the day before to make lunch and dance reservations

## Music Classes

### Guitar

Must have your own guitar. Free.

**BEGINNERS:**  
**Armijo Mealsite**  
Tuesday, Thursday, 12:00–1:30 pm

**Tijeras Senior Center**  
Tuesday, 1:00–2:00 pm

**INTERMEDIATE:**  
**Tijeras Senior Center**  
Tuesday, 2:00–3:00 pm

## Sports & Fitness

### Pickle Ball

**Raymond G. Sanchez Community Ctr.**  
Tuesday, Wednesday, 1:00–3:00 pm  
**Paradise Hills Community Center**  
Mon, Tue, Thu, Fri, 10:30–12:30 pm,  
Wednesday, 10:30 am–12:00 pm,  
7:00–9:00 pm



### Senior Basketball

**Raymond G. Sanchez Community Ctr.**  
Tuesday, 9:30–11:00 am

### Open Weight Room

A senior’s only weight room hour.

**Cesar Chavez Community Center**  
Mon, Wed, Fri, 8:00–10:00 am

### Chair Exercise

Muscle building and strengthening exercises for your arms and legs.

**Paradise Hills Community Center**  
Mon, Wed, Fri, 10:30–11:00 am  
Darlene Santiago

**Tijeras Senior Center**  
Tuesday, Thursday, 9:00–10:00 am

### Exercise for the Wimpy

Exercises you can work on at home.

**Tijeras Senior Center**  
Wednesday, 9:00–9:30 am

## EnhanceFitness

Help with fall prevention and improve balance, flexibility, bone density, coordination, endurance, alertness, and strength with this evidence-based senior fitness class. A base-line assessment will be conducted at the start—see the gains you have made at 16-weeks!

**Armijo Mealsite**  
Mon, Wed, Fri, 12:00–1:00 pm

**Cesar Chavez Community Center**  
Mon, Wed, Fri, 10:00–11:00 am

**Alameda Mealsite**  
Tue, Thu, Fri, 10:30–11:30 am

## Health Hike

Discover trails around the Tijeras area. Indoor walking during winter months starting in December.

**Tijeras Senior Center**  
Monday, 9:00–10:30 am

## Silver Sneakers Exercise

Call 286-4220 for info on startup date.

**Tijeras Senior Center**  
Tuesday, Thursday, 9:00–10:00 am

## T'ai Chi

This evidence-based program is designed to improve balance and prevent falls in older adults and derived from Yang Style T'ai Chi and supported by the Centers of Disease Control and Prevention.

**Various Mealsites**  
Call Berlinda, 764-6467 for schedule

## Water Aerobics

We drive participants to West Mesa Aquatics Center for an hour of water aerobics. Because of travel time, please wear swimsuits underneath clothes.

**Raymond G. Sanchez Community Ctr.**  
Monday, Wednesday, 8:30–10:30 apx  
\$2.50/class, Class: 9–10 am with ½ hr travel each way)

## Yoga

**Tijeras Senior Center**  
Wednesday, 9:45–10:45 am  
Sara Levin

## ZUMBA with Tiffany

The Latin-inspired, easy-to-follow, calorie burning, dance fitness party. No experience necessary! Childcare is not provided, but your children are welcome to sit and play independently on the side of the gym during class.

**Paradise Hills Community Center**  
Tuesday, Thursday, 9:00–10:00 am  
\$4/class or \$20/6-class card  
Tiffany Didrickson

## Evening ZUMBA

The Latin inspired, easy to follow, calorie burning, dance fitness party. Feel the music and let loose!

**Paradise Hills Community Center**  
Monday–Friday, 6:00–7:00 pm  
\$4 per class or \$35 a month  
Kristin Sitton





# Activities at the Mealsites continued

## ZUMBA Toning

Zumba Toning is a lower impact alternative to regular Zumba.

**Tijeras Senior Center**  
**Tuesday**, 10:00–11:00 am  
\$4/class or \$30/10-class card  
Deanne Copley

## Special Events

### 2nd Annual Yard Sale

Proceeds benefit the Center.

**Tijeras Senior Center**  
**1st Saturday in May**, 8:00am–2:00pm  
\$10/spaces, info: 286-4220

## Matinee Movie

Weekly movies vary from westerns, classics, new releases and documentaries.

**Tijeras Senior Center**  
**Thursday**, 12:30–2:30 pm

## Games and Cards

### Bingo at the Mealsites

We love bingo. Join out fun.

**Alameda**, Mon–Fri, 10:00–11:30 am  
**Armijo**, Mon–Fri, 10:00–11:30 pm  
**La Amistad**, Tue, Thu, 12:30–2:15 pm  
**Pajarito**, Mon–Fri, 10:00–11:30 am  
**Paradise Hills**, Tue, Thu, 10:00–11:30 am  
**Rio Bravo**, Mon–Thu, 10:00–11:30 am  
**South Valley Multipurpose Center**,  
Monday–Wednesday, 9:30–11:30 pm  
**Tijeras**, 1st Friday, 1:00–3:00 pm

## Mexican Train

**Tijeras Senior Center**  
**Thursday**, 10:00–11:30 am

## Billiards

One table. Newcomers welcome.

**Pajarito Mealsite**  
**Monday**, 10:00–11:30 pm

## Ping Pong

**Pajarito Mealsite**  
**Wednesday**, 12:30–1:30 pm

**Tijeras Senior Center**  
**Friday**, 10:00–11:30 am

# General Information

## AARP Defensive Driving

This one day, four-hour session class provides techniques for coping with changes in vision, hearing and reaction time, along with a “rules of the road” review. Anyone 55 and older may take this class and may receive a discount on insurance premiums. No tests are involved. \$12 for AARP members, \$14 for non-members. Make check payable to AARP and bring it to class. (Cash not accepted). Call for dates and to register.

**Barelas**, Lead & Coal  
**3rd Wednesday**, 1:00–4:00 pm

**Palo Duro**, Ponderosa Pine  
**1st Friday**, 8:30 am–12:30 pm

**N. Domingo Baca**, Community Rm.  
**1st Saturday**, 10:30–2:30 pm

**Manzano Mesa**, Room 5  
**1st & 3rd Sat**,  
9:00 am–1:00 pm

**Los Volcanes**, Room 2  
**1st Monday**, 9:00 am–12:15 pm  
9:00 am–12:15 pm

**North Valley**, Room 4  
**1st Monday**, 12:30–4:30 pm

**Highland**, Room 7  
**1st Thursday**, 12:15–4:15 pm

## Center Shops & Markets

### Flea Markets at the Centers

Find special bargains and treasures. Reserve your table at the front desk.

**Barelas**, Country Club  
**Thursday**, 8:00 am–12:00 pm  
\$2 table

**Los Volcanes**, Lobby  
**Friday**, 8:00 am–12:00 noon  
\$2 rental

**North Valley**  
**Wednesday**, 8:00 am–12:00  
\$1, \$1.50, \$2 rentals

**Pajarito Meal Site**  
**1st Friday**, 9:00 am–12:00  
\$1 rental

**Manzano Mesa**, Outdoors  
**1st Friday, May–October**  
8:00 am–1:00 pm, \$2 rental

**Highland**, (Arts Mart)  
**Mon & Fri**, 7:30 am setup  
8:00 am–12:00 pm, \$2 rental

## Gift Shops

Buy a handmade gift made by seniors. You must be a center member to sell.

**Los Volcanes**, “Hot Spot”  
**Monday–Friday**, 9:00 am–1:00 pm

**Palo Duro**, Desert Willow Gift Shop  
**Monday–Friday**, 9:00–2:00 pm

## Friendship Coffee

Chat with old friends and make new ones over coffee and a special treat.

**Barelas**, Lobby  
**Wednesday**, 9:30–10:30 am

**Palo Duro**, Cottonwood  
**Wednesday**, 9:15–10:15 am

**Manzano Mesa**, Social Hall  
**Thursday**, 10:00–11:00 am

**Los Volcanes**, Social Hall  
**Thursday**, 10:00–11:00 am

**North Valley**, Social Hall  
Times vary, call for information

**N. Domingo Baca**, Social Hall  
**Last Tuesday**, 10:15–11:15 am

**Highland**, Lobby  
**Thursday**, 9:30–10:30 am

## Health

### State Health Insurance Assistance Program

**Manzano Mesa**, Lobby  
**2nd Tuesday**, 1:00–2:00 pm

## Medicare Assistance

**North Valley**, Library  
**1st & 3rd Tuesday**, 9:00–10:00 am

## Ask the Doctor

Discuss medical problems covering diagnosis, treatment and recovery.

**Manzano Mesa**, Room 4  
**2nd Tuesday**, 10:00–11:00 am  
Dr. Francis Roe

## Blood Pressure Screening

**Barelas**, Lobby  
**1st & 3rd Thursday**, 9:00 am  
Ambercare

**Palo Duro**, Aspen  
**Monday**, 9:30–11:30 am

**Highland**, Room 3  
**Tuesday, Friday**, 9:30–11:30 pm

**Los Volcanes**, Room 1  
**Monday**, 9:00–11:00 am

## GEHM Clinic

Call for dates

**Barelas**, Lobby  
**North Valley**, Room 1  
**Los Volcanes**, Social Hall  
**North Domingo Baca**  
**Manzano Mesa**, Lobby  
**Highland**, Room 1

TAX HELP  
See page 31

## Hearing Aid Technician

Sandia Hearing Aids offers hearing aid technician services including maintenance, cleaning, changing batteries, wax removal and checking function. For all models—\$2 per hearing aid.

**Los Volcanes**  
**2nd Tuesday**, every other month  
9:00–10:00 am

## Legal Clinic: Senior Citizen Law Office

Provides general legal information. Divorces, wills, and criminal issues are not included. Info: 265-2300.

**Barelas**, Stover  
**4th Thursday**, 10:00 am

**North Valley**, Room 4  
**3rd Thursday**, 9:00–11:00 am  
Advance Directive Workshop  
(Powers of Attorney, Cremation  
Authorization, EMS/DNR)

**Highland**, Room 7  
**3rd Tues**, 1:00–3:00 pm

## New Member Orientation

Staff will welcome new members and talk about the programs and services our centers have to offer.

**Highland**, Room 8  
**4th Wednesday**, 12:15 pm

## Notary Service

Available by appointment

**Barelas**, 764-6436  
**Palo Duro**, 888-8105  
**North Valley**, 761-4025  
**Los Volcanes**, 417-7207

## Recycling Bags

Bags are available at the front desk. Bring in your water bill coupon.

**Barelas**, Bear Canyon,  
**Los Volcanes**, Manzano Mesa,  
**North Valley**, Palo Duro,  
**North Domingo Baca**, Highland

## Shopping Trips from Barelas

50¢ transportation. Sign up at front desk.

**Wal-Mart Superstore**  
**Monday**, 9:30–11:15 am

## Volunteer Opportunities

If you have time, talents, skills, or hobbies you would like to share, please call the RSVP office at 764-1616.



# Trips



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## Trip Policies

- To register for trips, present your membership card or give your card information with your payment.
- Make checks payable to the City of Albuquerque.
- Cancel at least 3 days in advance.
- For overnight, day trips, or performances that require an advanced payment, a refund will be provided if a replacement is found.
- Meals are at your expense.
- Remain with group for the entire trip.
- Return: times are approximate.
- We require a two-week notice for special accommodations.
- Mileage charges for van use are 5¢ per mile per person and may include driver costs.
- Refunds: Original receipts should be presented to receive approved refunds. No refunds on trips costing \$1 or less.

The City of Albuquerque Department of Senior Affairs, Center Policies and Procedures, Section 3.4-N, stipulates that anyone who goes on a Center-sponsored outing must “sign the Trip Release Form before leaving the Center.” If an individual chooses not to sign the form, he or she will forfeit the opportunity to go on the outing and a refund will not be given.

## Trip Accessibility

If you have questions or concerns about accessibility, call the destination directly for more information.

## Monthly Trips

### Ride the Range with Ron

The destination is a mystery but be assured you are in for a great time.

**N. Domingo Baca**  
**Monday, January 14**  
**Tuesday, February 26**  
**Thursday, March 14**  
**Friday, April 19**  
**Monday, May 13**  
**Tuesday, June 18**

Check in: 8:00 am • Return: 4:00 pm  
 \$6.50 transportation, 5¢/mile if trip exceeds 100 miles

### Ride and Roam with Ron

The destination is a mystery but be assured you are in for a great time.

**Palo Duro**  
**Tuesday, January 29**  
**Wednesday, February 20**  
**Tuesday, March 19**  
**Thursday, April 4**  
**Friday, May 3**  
**Monday, June 10**

Check in: 8:00 am • Return: 4:00 pm  
 5¢/mile, paid upon return

### Palo Duro presents...

## A “Fare” To Remember

Trips Leave Palo Duro  
 Sign up at the front desk  
 Meals at your own expense



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### The Egg & I

ABQ: The perfect place to have a great cup of coffee with friends or a hearty lunch made just the way you like it.

**Friday, January 11**  
 Check in: 10:45 am • Return: 2:00 pm  
 \$2 transportation, No alcohol.

### Harla May’s Fatboy Grill

BELEN: The Historic Oñate Theater is now an eclectic diner serving BBQ, skillets, sandwiches and burgers.

**Friday, February 15**  
 Check in: 9:45 am • Return: 2:00 pm  
 \$5 transportation, No alcohol.

### Blue Corn Brewery

SANTA FE: Experience New Mexican specialties and contemporary comfort food made fresh from scratch daily.

**Tuesday, March 12**  
 Check in: 9:45 am • Return: 2:00 pm  
 \$7 transportation, onsite brewery & wine

### La Plancha de Eldorado

OUTSIDE OF SANTA FE: A casual grill serving fresh and savory Latin American dishes, as well as New Mexican and American fare. Beer and wine.

**Wednesday, April 10**  
 Check in: 9:45 am • Return: 2:00 pm  
 \$7.50 transportation

### Beauford Steak House

MORIARTY: Enjoy a mouthwatering meal featuring Mexican and American fare.

**Thursday, May 30**  
 Check in: 9:45 am • Return: 2:00 pm  
 \$6 transportation, Full bar.

### Legal Tender

LAMY: “Where the pavement ends and the West begins.” Serving crab cakes, ziti, mac and cheese, green chili stew, sandwiches, and burgers.

**Friday, June 14**  
 Check in: 10:30 am • Return: 2:00 pm  
 \$7 transportation. Beer and wine.

### Los Volcanes presents...

## Lunch and More

Trips Leave Los Volcanes  
 Sign up at the front desk  
 Meals at your own expense

### El Bruno’s

CUBA: Fine New Mexican Style food in a charming atmosphere since 1975, Best undiscovered restaurant in 2011.

**Tuesday, February 5**  
 Check in: 9:45 am • Return: 3:00 pm  
 \$10 transportation

### Bert’s Burger Bowl

SANTA FE: MMMMM great green chile cheese burgers!

**Tuesday, March 5**  
 Check in: 10:15 am • Return: 2:00 pm  
 \$8 transportation

### Café Abiquiu

ABIQUIU: Enjoy a mouth-watering lunch after an enchanting ride. Menu offers soups, sandwiches, salads and plates: enchiladas, quesadillas, fish tacos, chicken pastas, and chili rellenos.

**Thursday, April 4**  
 Check in: 9:00 am • Return: 4:30 pm  
 \$12 transportation

### Tia’s Cocina

SANTA FE: Experience simple dishes with the rich flavors of New Mexican home cooking. Enjoy drinks and appetizers or a full-blown meal. Wonderful ambiance: casual, elegant, and comfortable with interior/exterior seating.

**Thursday, May 2**  
 Check in: 9:45 am • Return: 3:00 pm  
 \$8 transportation

### The Ironwood Kitchen

ABQ: Fresh ingredients make up this menu—green chile stew, salads, sandwiches, enchiladas, turkey quesadilla, BLT, etc. Breakfast is served all day.

**Tuesday, June 4**  
 Check in: 10:30 am • Return: 2:00 pm  
 \$2 transportation

Trips are first-come first-served. Most require advance registration.  
 Call the host center to sign up.  
 Meals at your expense unless otherwise indicated.



# Day Trips



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## January

### New Mexico State Legislature Senior Day

Join us for a free trip to the Legislature in Santa Fe. We'll tour the Roundhouse hallway gallery and have lunch.

**Barelas, Los Volcanes, Manzano Mesa, North Valley, Palo Duro, Highland N. Domingo Baca**  
**Thursday, January 24**  
Check in: 8:00 am • Return: 3:00–4:00

### Q Albuquerque Studios

Tour this state of the art production studio featuring massive soundstages and shooting space. (Close the big wall, and you can fire off a gunshot, or a nail gun, on one stage without disturbing filming on the other.) The studio has hosted a number productions including *Terminator: Salvation*, *The Book of Eli*, *The Avengers*, and four seasons of the Emmy-winning AMC series *Breaking Bad*.

**N. Domingo Baca**  
**Thursday, January 24**  
Check in: 10:00 am • Return: 2:30 pm  
\$3 transportation

**Palo Duro**  
**Friday, March 15**  
Check in: 10:15 am • Return: 2:30 pm  
\$2.50 transportation

### Hispano Chamber Matanza in Belen

Offering many exciting contests including pig roasting, a red chili cook-off, horse-shoe pitching, tortilla rolling and more, the Matanza hosts music of many notable local musicians, as well as other activities.

**Los Volcanes**  
**Thursday, January 24**  
Check in: 8:00 am • Return: 3:00 pm  
\$6 transportation, \$10 admission

**North Valley**  
**Saturday, January 26**  
Check in: 9:00 am • Return: 4:00 pm  
\$5 transportation, admission on your own



### Dynamax Theater

Watch a film come to life on a five-story giant screen complete with digital surround sound in the world's first 2D/3D digital projection system.

**Highland**  
**Wednesday, January 30**  
Check in: 9:00 am • Return: 2:30 pm  
\$1.50 transportation, lunch and admission at your own expense

### The Alb. Police Museum

The Chief Paul A. Shaver Police Museum was founded in 2008. The museum traces the history of the police department from the late 1800s to the present. See photographs, uniforms, motorcycles, badges, and early crime laboratory equipment.

**Palo Duro**  
**Thursday, January 31**  
Check in: 9:15 am • Return: 1:00 pm  
\$2 transportation

**N. Domingo Baca**  
**Wednesday, February 6**  
Check in: 9:15 am • Return: 4:00 pm  
\$2 transportation

## February

### Unser Racing Museum

The Unser Racing Museum is a multi-dimensional museum experience utilizing modern technologies to educate and immerse the visitor in the exciting world of racing. Learn about the Unser family history, then interact with racing history as it happened. Lunch after at Sadie's.

**Manzano Mesa**  
**Tuesday, February 5**  
Check in: 10:00 am • Return: 2:00 pm  
\$1.50 transportation, \$6 entrance fee

**Highland**  
**Wednesday, February 20**  
Check in: 10:00 am • Return: 2:00 pm  
\$1.50 transportation, entrance fee at your own expense

### Harvey House Museum

Tour this historical museum located in the Harvey House Dining Room circa 1908–1939. Learn about Fred Harvey's company, which brought good food at reasonable prices in clean, elegant restaurants, to travelers throughout the Southwest. See items related to the Santa Fe Railroad and to the Fred Harvey Organization. We will dine at Pete's Café before going to the Museum.

**Los Volcanes**  
**Thursday, February 7**  
Check in: 9:45 am • Return: 3:00 pm  
\$4.50 transportation

### I Love Chocolate Tour

Join us as we travel around town and visit the many candy stores just in time for Valentine's Day. We will start with Buffett Candies, then to the Chocolate Cartel and finally we will end up at the Candy Lady in Old Town. Lunch at a nearby restaurant.

**Highland**  
**Friday, February 8**  
Check in: 9:00 am • Return: 3:00 pm  
\$1.50 transportation

### Aurora Borealis Glasswork

Glass blowing is like nothing else you've ever seen. There's suspense, tension, danger—after all, they are working with fire—and amazing craftsmanship. Come visit this glass arts school that teaches in the areas of glass blowing, paperweights, fusing, flower pulling and bead making!

**Palo Duro**  
**Friday, February 8**  
Check in: 9:30 am • Return: 2:00 pm  
\$2.50 transportation

**N. Domingo Baca**  
**Thursday, April 11**  
Check in: 9:30 am • Return: 4:00 pm  
\$2.50 transportation

### CNM School of Cosmetology

The school offers a variety of services at an affordable price. Join us for a day of pampering. Services include haircuts, hair coloring, pedicures and manicures.

**North Valley**  
**Tuesday, February 12**  
Check in: 8:15 am • Return: 2:00 pm  
\$1 transportation

Online at: [www.cabq.gov/seniors](http://www.cabq.gov/seniors)

### Intel Innovation Center Tour

A presentation about the types of programs Intel offers to the community and the products they produce. Lunch in Rio Rancho after tour.

**North Valley**  
**Friday, February 15**  
Check in: 9:15 am • Return: 2:00 pm  
\$2 transportation

### Railrunner

All aboard! We are on our way to Santa Fe to enjoy an afternoon in the State's Capital. You will have time to shop and have lunch on your own.

**Barelas**  
**Tuesday, February 19**  
Check in: 9:00 am • Return: 6:00 pm  
\$3 transportation, \$8 train ticket

**Los Volcanes**  
**Thursday, March 21**  
Check in: 8:00 am • Return: 3:00 pm  
\$3 transportation \$8 train ticket

### History Tour

Join Tours of Old Town on this 75-minute walking tour through the streets and alleys of one the oldest towns in North America. This informative tour will dispel myths and entertain as you embark on an exciting adventure through time. Lunch to follow on the plaza.

**Los Volcanes**  
**Tuesday, February 19**  
Check in: 9:30 am • Return: 2:00 pm  
\$2.50 transportation, \$9 guided tour

### The Antique Connection

Over seventy quality dealers in 10,000 square feet—featuring everything from jewelry to furniture, pottery to sterling, cowboy to fishing, and Victorian to Shabby Chic and Deco. Lunch in Nob Hill after.

**Los Volcanes**  
**Thursday, February 21**  
Check in: 9:30 am • Return: 2:00 pm  
\$2 transportation

### Tesuque Glassworks Tour

See glass from hand blown to cast. Different artists featured daily blowing their unique pieces.

**Manzano Mesa**  
**Saturday, February 23**  
Check in: 9:30 am • Return: 3:00 pm  
\$9 transportation





# Day Trips, continued

## Ojo Caliente

Deemed sacred by indigenous Native Americans of Northern New Mexico, Ojo Caliente has been a gathering place and a source of healing for hundreds, even thousands of years. Relax with a massage or their signature Milagro Wrap. Rejuvenate in the legendary waters. Bring your own lunch, or try their artesian restaurant.

**Los Volcanes**  
**Thursday, February 26**  
**Thursday, April 18**  
**Tuesday, May 21**  
Check in: 8:00 am • Return: 4:00 pm  
\$14.25 transportation, \$18 admission

**Manzano Mesa**  
**Thursday, March 5**  
Check in: 9:15 am • Return: 6:00 pm  
\$14.25 transportation, \$18 admission

**Palo Duro**  
**Thursday, March 21**  
Check in: 8:30 am • 5:00 pm  
\$14 transportation, \$18 admission

**N. Domingo Baca**  
**Monday, March 4**  
Check in: 9:30 am • Return: 5:30 pm  
\$14 transportation \$18 entry fee

**Barelas**  
**Tuesday, May 21**  
**Thursday, June 20**  
Check in: 8:00 am • Return: 4:00 pm  
\$14.25 transportation, \$18 admission

**North Valley**  
**Thursday, May 30**  
Check in: 9:00 am • Return: 5:30 pm  
\$13 transportation, \$18 entrance

## Geology and Meteorite Museum at UNM

The museum boasts meteorites, minerals, rocks and fossils and information about their origin. You may even get to meet one of the scientists and learn more about this exciting field.

**North Valley**  
**Thursday, February 28**  
Check in: 11:00 am • Return: 3:00 pm  
\$1 transportation



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## Metropolitan Forensic Science Lab

Ever wonder if forensic technology is as advanced as media portrays? Learn first-hand what forensic science and crime scene investigation is really like and get an inside look at the facilities.

**Palo Duro**  
**Thursday, February 28**  
Check in: 9:30 am • Return: 2:00 pm  
\$2 transportation

**N. Domingo Baca**  
**Wednesday, May 8**  
Check in: 9:30 am • Return: 2:00 pm  
\$2.50 transportation

### March

## National Fiery Foods and Barbecue Show

This is the largest and most visited spicy foods and barbecue show. It features over 200 exhibitors with more than 1,000 different products.

**Palo Duro**  
**Friday, March 1**  
Check in: 3:15 pm • Return: 8:00 pm  
\$2.50 transportation, \$15 entry fee

**N. Domingo Baca**  
**Friday, March 1**  
Check in: 3:30 pm • Return: 8:00 pm  
\$2.50 transportation \$15 entry fee

## Prairie Dog Glass

See artists blow glass at Jackalope in Santa Fe. Their creations include garden art such as hummingbird feeders, water basins, oil lamps, and seasonal glass art as well. Shop and to enjoy the garden center.

**Highland**  
**Wednesday, March 6**  
Check in: 9:00 am • Return: 4:30 pm  
\$6 transportation

## Cerrillos Turquoise Mining Casa Grande Trading Post—Petting Zoo

Join us for stops along the Turquoise Trail at Casa Grande Trading Post, Petting Zoo and Mining Museum, a 28-room hand built adobe building. Lunch at the Mine Shaft Tavern.

**Los Volcanes**  
**Thursday, March 7**  
Check in: 9:45 am • Return: 3:00 pm  
\$7 transportation, \$3 admission

## Santuario de Chimayo

Visit the famous Santuario where the “extraordinary has occurred.” Close to 300,000 people a year visit the church where many claim to have been healed of different ailments. \$11 transportation.

**North Valley**  
**Thursday, March 7**  
Check in: 8:30 am • Return: 4:00 pm

**Barelas**  
**Friday, March 15**  
Check in: 9:00 am • Return: 3:00 pm

**Los Volcanes**  
**Thursday, March 21**  
Check in: 8:00 am • Return: 3:00 pm

**Manzano Mesa**  
**Wednesday, March 27**  
Check in: 9:15 am • Return: 4:00 pm

## Christ in the Desert Monastery

This northwestern NM Monastery is surrounded by protected wilderness, thus assuring and promoting solitude and quiet for the coenobitic life. The monastery’s chief architect was George Nakashima and the monastery’s electricity and water-pumping are solar-powered.

**Los Volcanes**  
**Saturday, March 9**  
Check in: 9:30 am • Return: 4:00 pm  
\$15.50 transportation



## Shidoni Foundry Tour

This bronze art foundry, sculpture garden and gallery is located on the Rio Tesuque. Watch 2000 degree molten bronze being poured into ceramic shell molds, stroll around the sculpture garden and visit the gallery where 100 different sculptors from all over the country are represented.

**North Valley**  
**Thursday, March 21**  
Check in: 9:30 am • 2:30 pm  
\$10 transportation, \$1 tour

## Tomé Hill

Join us for a beautiful morning made more special by the pilgrims wending their way up Tomé Hill.

**Los Volcanes**  
**Thursday, March 29**  
Check in: 8:00 am • Return: 3:00 pm  
\$4.50 transportation

**North Valley**  
**Friday, March 29**  
Check in: 8:00 am • Return: 2:00 pm  
\$4.50 transportation

Online at: [www.cabq.gov/seniors](http://www.cabq.gov/seniors)

## Sandia Crest Byway

Experience this scenic drive a mile above the surrounding countryside and 2 miles above sea level and experience a spectacular view of Albuquerque. Take a sack lunch, or eat at the restaurant near the Gift shop. Visit the Tinkertown museum on the return trip.

**Highland**  
**Friday, March 29**  
Check in: 9:15 am • Return: 3:00 pm  
\$3.50 transportation, lunch and admission fee at your own expense

## Wild Spirit Wolf Sanctuary

Visit a non-profit organization dedicated to providing permanent, safe sanctuary for abused and abandoned captive-bred wolves, Ramah, NM.

**Manzano Mesa**  
**Friday, March 29**  
Check in: 9:15 am • Return: 4:30 pm  
\$17 transportation, \$4 entrance fee

**Los Volcanes**  
**Thursday, March 26**  
Check in: 8:00 am • Return: 3:00 pm  
\$17 transportation

### April

## Bradbury Science Museum

Learn about the history of Los Alamos National Laboratory, its national security mission, and the broad range of science engineering, and technology research programs undertaken to improve our nation’s future.

**Highland**  
**Tuesday, April 2**  
Check in: 8:00 am • Return: 4:30 pm  
\$10.50

## Arrow’s Ridge B&B

Arrow’s Ridge is an all-inclusive bed and breakfast guest ranch. View the Pecos River Valley’s most beautiful scenery and enjoy a leisurely walk and lunch.

**Los Volcanes**  
**Thursday, April 9**  
Check in: 9:00 am • Return: 3:00 pm  
\$36.50 includes transportation and meal

**Barelas**  
**Thursday, April 25**  
Check in: 9:30 am • Return: 3:30 pm  
\$36.50 includes transportation and meal

Meals are at your own expense unless otherwise stated.



## Day Trips, continued

### A Day in Santa Fe

A day of shopping and lunch on the Plaza.

**Manzano Mesa**  
**Friday, April 12**

Check in: 9:15 am • Return: 4:00 pm  
\$8 transportation

### NM State Penitentiary Tour

The New Mexico Corrections Dept. is hosting tours at the New Mexico State Penitentiary “Old Main” Prison. Learn facts about the 1980 prison riot.

**North Valley, Barelás**  
**Friday, April 12**

Check in: 8:30 am • Return: 3:30 pm  
\$7.50 transportation

### Walkin’N Circles Ranch

Visit the beautiful horse rescue mission in Edgewood, NM. Caretakers introduce you to the horses, telling you their stories.

**Barelás**  
**Thursday, April 18**

Check in: 9:15 am • Return: 1:30 pm  
\$2 transportation

### Albuquerque Journal Tour

Ever wonder what it takes for the newspaper to appear on your doorstep before 7:00 am? Discover the process from writing articles to circulation and everything in-between.

**Palo Duro**  
**Thursday, April 18**

Check in: 8:30 • Return: 1:00 pm  
\$2 transportation

**N. Domingo Baca**  
**Tuesday, March 26**

Check in: 8:15 • Return: 1:00 pm  
2 transportation

### NM Veterans Memorial

The Veterans’ Memorial, amphitheater and newly opened museum evoke memories for all veterans. Honor those who help protect our nation amidst the inspiring beauty of New Mexico.

**Palo Duro**  
**Tuesday, April 23**

Check in: 11:30 am • Return: 3:00 pm  
\$1.50 transportation

### Albuquerque Alpaca Ranch

See friendly alpacas, enjoy a guided tour of the fiber processing and view a demonstration in this relaxing setting.

**Highland**  
**Wednesday, April 24**

Check in: 9:30 am • Return: 3:00 pm  
\$2 transportation, entrance fee and lunch at your own expense

### Anasazi Fields Winery

Learn about the hand-crafted dry table wines made from fruits and berries at this Placitas winery. Lunch at The Range Café in Bernalillo.

**Los Volcanes**  
**Thursday, April 25**

Check in: 9:00 am • Return: 3:00 pm  
\$5.75 transportation

### Corrales Window Shopping

A day of window shopping and touring the beautiful village of Corrales, have lunch at a local café, and end the trip with a visit to a local winery.

**North Valley**  
**Friday, April 26**

Check in: 9:00 am • Return: 3:00 pm  
\$2.50 transportation

### A Day in Taos

Today we’re headed to Taos for shopping and lunch.

**Manzano Mesa**  
**Friday, April 26**

Check in: 9:15 am • Return: 4:00 pm  
\$15 transportation

### Old Town Ghost Hunting Tour

A guide will escort you on a two-hour adventure where legends, folklore, ghost stories and history come to life. Founded in 1706, Old Town’s historic buildings and dark alleys conceal the long-forgotten secrets of battles, murders, hangings, and hidden cemeteries.

**North Valley**  
**Tuesday, April 30**

Check in: 11:30 am • Return: 4:00 pm  
\$2 transportation, \$18 for tour

## May

### NOCHE de Oro “Night of Gold” Dance Performance

This performance is brought to you in conjunction with Hispanic Cultural Center in partnership with Roy E. Disney Center for Performing Arts. Go back in time as you watch performances of traditional Hispanic dances from a long time ago. One or two dances will be performed by Senior Citizen members. Music will be performed by some of the finest artists of New Mexico.

**Barelás, Los Volcanes, Highland, Manzano Mesa, North Valley, Palo Duro, N. Domingo Baca**  
**Friday, May 3**

Check in: 11:30 am • Return: 4:00 pm  
\$1 transportation, free admission



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### ABQ BioPark Zoo

Get close to creatures from around the world at the ABQ BioPark Zoo. The exhibits offer information about wildlife conservation efforts while showing animals in naturalistic habitats. Take a sack lunch or have lunch at the zoo restaurant.

**Los Volcanes**  
**Thursday, May 9**

Check in: 9:00 am • Return: 2:00 pm  
50¢ transportation, admission and lunch at your own expense.

### Christ in the Desert Monastery Overnight Trip

The Monastery is in a beautiful canyon in northwestern New Mexico (Abiquiú), surrounded by miles of government-protected wilderness, that assures and promotes solitude and quiet for the cenobitic life the electricity and water-pumping is solar-powered. On the way there, enjoy a stop to shop and eat in Santa Fe. This is a two-day overnight trip.

**Barelás, Wednesday, May 8–Friday, May 10**

Check in: Wednesday, May 8, 10:00 am • Return: Friday, May 10, 2:30 pm  
\$144.60 single occupancy for (2) night (includes all meals at the monastery). transportation and cost of rooms is included in the price.  
Lunch on your own in Santa Fe

### Sky City Pueblo Tour

Acoma Pueblo’s Sky City is on a 370-foot high mesa. This homeland for Acoma People has 300 homes and structures on the mesa. Enjoy an hour long guided tour and a visit to the San Esteban del Rey Mission and the museum at the Cultural Center. Wear comfortable shoes.

**North Valley**  
**Thursday, May 9**

Check in: 8:30 am • Return: 6:00 pm  
\$10 transportation, \$12 tour

### Tesuque Flea Market

Let go shopping at this large open-air market, filled with artisans, importers, craftspeople, designers and dealers displaying their wares. The food court offers a variety of choices for lunch.

**Highland**  
**Friday, May 10**

Check in: 9:00 am • Return: 3:30 pm  
\$6.50 transportation

### Special Presentation and Potluck at Hays Honey and Apple Farm



Join owner Ken Hays for a special presentation on bees, followed by a potluck (please bring a tasty dish) and an afternoon working hands-on with the hives.

**Palo Duro, N. Domingo Baca**  
**Saturday, May 11**

Check in: 8:45 am • Return: 4:00 pm  
\$2.50 transportation



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**Most require advance registration. Call the host center to sign up.**

## ABQ BioPark

The ABQ BioPark is the Zoo, Botanic Garden, Tingley Beach and Aquarium. The BioPark offers a variety of events from live music to educational activities for all ages.

**9:00 am–5:00 pm: daily; Open until 6:00 pm**  
**June–August on Sat, Sun, Memorial Day, July 4, and Labor Day.** Closed Jan. 1, Thanksgiving, and Dec. 25.

**Tingley Beach** is free and open year-round from sunrise to sunset.

### BioPark Tickets

Adults \$9-20, Seniors \$4.50-10, Children \$4-6

Discounts for NM residents and military.

Visit [www.abqbiopark.com](http://www.abqbiopark.com) for details and online tickets.



## Special Event Calendar

Most of these events require facility admission and some an additional fee to participate (\$).

### January

#### 2-6 Kadamatsu in the Japanese Garden.

Traditional Japanese pine and bamboo arrangements. Botanic Garden, 9 am–5 pm

#### 19 Winter Fire Colors Flower Show.

Runs to Feb. 24. Warm up with a blaze of color in the Garden's Mediterranean Conservatory. 9 am–5 pm

#### 19 Reptile Awareness Day.

Visit the Zoo's Reptile House and learn about venomous snakes, Komodo dragons, native reptiles and find out how biologists study reptiles and why they need your help. 10 am–2 pm

#### 26 Sea Turtle Awareness Day.

Learn about ocean life, sea turtles, and how you can help protect them. Aquarium. 10 am–2 pm

### February

#### 9 Valentine's Day Adults-Only Tours.

BioPark experts discuss exotic and curious romantic rituals of animals. Tours include: "The Birds and the Beasts" (Zoo, 10 am); "That's a Moray" (Aquarium, 2 pm); and "Love Bugs" (Garden, 3:30 pm) (\$) reservations required.

#### 16-17 Great Backyard Bird Count.

Bring your binoculars and join the nationwide count of migratory birds. Tingley Beach on the 16th (free) and the Botanic Garden on the 17th (free with admission). 8 am–12 pm

#### 23 Winter Wool Festival.

Enjoy hands-on demonstrations including spinning wool, making natural dyes and more at the Garden's Heritage Farm. 10 am–2 pm

#### 23 Kids' Fishing Fair.

A fun, free day of fishing at Tingley Beach for ages 4–12. Learn about fishing at interactive Discovery Stations. (12 year-olds must have a fishing license.) 10 am–2 pm

### March

#### 2-31 Bulbs in Bloom Flower Show.

Welcome the coming of spring with four hundred colorful blooms at the Garden's Mediterranean Conservatory. 6:30–8 pm

#### 23 National Quilting Day.

Celebrate National Quilting Month with "A Garden of Quilts" at the Garden's Heritage Farm. 10 am–2 pm

### Spring Break at the BioPark, March 12–15

Open to children ages 9–11. (\$) reservations required. 9:45 am–3:30 pm

**12 Spring Wildlife Safari.** Go on safari without leaving Albuquerque, and learn about wildlife through tours, games and fun activities.

**13 Spring Water Journey.** Dive into this Aquarium adventure and follow the Rio Grande headwaters to the Gulf of Mexico.

**14 Spring Green Connection.** Learn how plants support life, visit animals at the Garden's Heritage Farm and discover how "bugs" can be heroes or villains of a garden.

**15 Spring Outdoor Adventure.** Take a trek through the bosque starting at Tingley Beach and gather clues about forest plants and animals.

### Aquarium Overnights.

Jan 18–19, Feb 22–23, Mar 22–23, Apr 12–13, May 17–18

Sleep next to the sharks and learn about ocean species—games, crafts, movies and more. Pre-registration required (505) 848-7180, Children under 18 must be accompanied by an adult. \$30, 7 pm–8 am

### April

**1 April Fools' Day at the Zoo.** Have you seen an opossum play dead? Discover how animals use behavior, colors and patterns to fool each other. 10 am–2 pm

#### 6-28 Spring Pastel Flower Show.

Hydrangeas in pale hues welcome spring in the Garden's Mediterranean Conservatory. 9 am–5 pm

**20 Earth Day Celebration.** Our actions matter when it comes to helping animals and plants. Learn how at Discovery Stations with hands-on activities throughout the Park. 10 am–2 pm

**20 Children's Seed Festival.** Celebrate the connections between seeds, plants and humans with some "seed-happy" people in the Children's Fantasy Garden. Co-sponsored by the Rotary Club of Alb. 10 am–2 pm

**26 Animal Myth Day.** Learn the truth at Discovery Stations around the Zoo. 10 am–2 pm

### May

**3-5 Orchid Show and Sale.** Hundreds of enchanting orchids fill the Mediterranean Conservatory and Garden Showroom. 9 am–5 pm

**5 28th Annual Run for the Zoo.** Run, walk or stroll in the NM BioPark Society's annual fundraiser. 1/2 marathon, 10K, 5K and 1-mile races. NM BioPark Society, (505) 764-6280, [www.runforthezoo.org](http://www.runforthezoo.org). Prices vary, pre-registration required. 7–10 am

**10 National Public Gardens Day.** Experts share information in the Botanic Garden about gardening in the Southwest. 10 am–2 pm

**11-12 Bonsai Show.** Celebrate Mother's Day with miniature piñon, juniper and mahogany trees in the Botanic Garden's Showroom. 9 am–5 pm

**12 Mother's Day Concert.** Celebrate Mother's Day at the Zoo with a concert by the NM Philharmonic. Concert begins at 2 pm (lawn seating).

**12 International Migratory Bird Day at the Zoo.** Find out how birds survive incredible migratory journeys. Discovery Stations and hands-on activities. 10 am–2 pm

### 13-17 Carnivore Conservation Week.

Learn about the conservation of these amazing carnivores at Zoo Discovery Stations. 10 am–2 pm

### 18 International Migratory Bird Day at the Garden.

Learn how birds survive incredible migratory journeys. Discovery Stations and hands-on activities. 10 am–2 pm

**24 PNM Butterfly Pavilion at the Garden.** Runs to Oct. 14 (weather permitting). An immersive live butterfly exhibit. 9 am–5 pm

### June

#### 1-2 Backyard Garden Train Show.

Learn how to bring backyard gardens to life with the motion and sounds of miniature, G-scale trains. 9 am–5 pm

**1 National Fishing Day.** No license required this day only! Enjoy activities and Discovery Stations. Tingley Beach fishing ponds open from sunrise-sunset. Free. 9 am–12 pm

## Special Camp

**3 Camp BioPark Begins.** It's learning gone wild for pre K–9th graders. Join us for a summer adventure with close encounters and hands-on activities at the Zoo, Aquarium and Garden. Registration opens March 4. [www.abqbioparkcamp.com](http://www.abqbioparkcamp.com). (505) 848-7180. Prices (\$) and times vary, pre-registration required.

### 6 World Oceans Day at Aquarium.

Discover how our actions affect our oceans beautiful and diverse creatures. 10 am–2 pm

### 6 Sustainable Seafood Festival.

Sample delicious and eco-friendly seafood from some of ABQ's finest restaurants during this fundraiser. NM BioPark Society, (505) 764-6280, \$30. 6–9 pm

### 11 Twilight Tour at the Zoo.

Experience the Zoo's sights and sounds at twilight! Pre-registration required. (\$) 6:30–8:30 pm

### 16 Father's Day Fiesta—Zoo.

Bring Dad and listen to some great Latin music and have a wild time at Dia de los Padres! 1–5 pm

### 18 Bosque Moonlight Hike.

Explore Tingley Beach and bosque to look for bats, owls and other nocturnal animals. Pre-registration required. (\$) 7:30–9 pm

### 22 Pollinator Celebration at the Garden.

Learn about the jobs of bees, birds, bats, beetles, butterflies and other pollinators. 10 am–2 pm

### 25 Garden Nightwalk.

Enjoy a guided tour in search of night-blooming plants, nocturnal animals and night pollinators. Pre-registration required. (\$) 7:30–9 pm



BioPark





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## BioPark Concerts

Join us at the Zoo and Botanic Garden this summer for concerts. Concerts feature regional, national and international talent playing a variety of music.

Tickets: Adults \$10, Seniors (65+) \$5, Children (3–12) \$3.

General lawn seating—you are welcome to bring blankets or lawn chairs. Food available to purchase or bring a picnic. You may not bring in glass or alcohol. Beer and wine are available to purchase.

## Summer Nights Concerts at the Botanic Garden

Music on the Botanic Garden Festival Green. Stroll the grounds, enjoy a magic show and visit the Aquarium. Lawn seating. Concerts start at 7 pm.

**Botanic Garden and Aquarium**  
2601 Central Avenue NW  
**Thursday, June 13, 20, 27, 6:00–9:00 pm**  
(505) 768-2000 or 311 locally  
[www.abqsummernights.com](http://www.abqsummernights.com)

## Zoo Music Concerts

Enjoy music at the Zoo as the summer sun sets. Lawn seating. Concerts start at 7:30 pm. Animal exhibits open to 8 pm

**Zoo, 903 10th Street SW**  
**Friday, June 14, 21, 28, 6:00–9:30 pm**  
(505) 768-2000 or 311 locally  
[www.abqzoomusic.com](http://www.abqzoomusic.com)

## BioPark Volunteer Training Opportunities

**Touchpool Training.** Share the wonder of hands-on learning. **Jan 12, Apr 11, Jun 8, 9:30 am–3:30 pm**

**Horticulture Volunteer Orientation.** Learn to be a Horticulture Volunteer. **Mar 6, Apr 17, Jun 5, 9:30 am–1 pm**

**BioVan Ranger Training.** Lead school groups on virtual tours down the Rio Grande. Ages 18 and up. (505) 764-6242, **Mar 1, 9:30 am–3:30 pm**

**BioPark Greeter Training.** Welcome visitors. Age 18 and up. **Mar 9, 9:30 am–3:30 pm**

**Garden Railroad Volunteer Training.** Help operate and maintain the BioPark's model train. **Apr 25, 9:30 am–12 pm**

**Summer Volunteer Orientation.** Explore summer volunteer jobs for teens and adults. **May 18, 11 am–12 pm**

**Conservation Camp Counselor Orientation.** Work with a lead teacher in daily Camp operation. Age 16 and up. **May 28, June 18, 12–4 pm**

**BioPark Nature Guide Training.** Staff discovery stations. Age 14 and up. **May 29–30, June 21, 29–30, 9:30 am–3:30 pm**



BioPark

## Brown Bag Seminars

BioPark staff and field experts discuss conservation science at these informal lunchtime lectures. **12:45–1:30 pm**

**AQUARIUM:** 4/4, 4/6, 6/1, 6/6; **ZOO:** 1/3, 1/5, 5/2, 5/4  
**GARDEN:** 3/2, 3/7

**ABQ BioPark Zoo, 903 10th St. SW,**  
**and Botanic Garden & Aquarium**  
2601 Central Ave. NW • Free with admission.



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## Weekly BioPark Classes

For preschool children and accompanying adults. Pre-registration required.

### BioPark Beginnings

Discover the natural world together at the Zoo, Aquarium and Botanic Garden.

**ABQ BioPark, 903 10th St SW**  
**Tue, Jan 15–Apr 9, 1–2:30 pm Wed,**  
**Jan 16–Apr 10, 9:30–11 am**  
\$150 child and one adult, and \$75 for each additional child. (505) 848-7180

### Tingley Trekkers

Preschool children and accompanying adults discover the wonders of the outdoors at Tingley Beach and in the nearby bosque.

**ABQ BioPark Tingley Beach,**  
1800 Tingley Drive SW  
**Thur, Mar 21–May 9, 9:45 am–3:30 pm**  
(\$ 848-7180



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## Digital Camera Classes

with Walter Punke Page 31

## Day Trips, continued

### National Weather Service Tour

Come rain or shine, how do meteorologists predict the weather? A behind the scenes tour of our local National Weather Service facility. Weather Permitting

#### Palo Duro

Wednesday, May 15

Check in: 10:00 am • Return: 1:00 pm  
\$2 transportation

### El Camino Real International Heritage Center

Step back in time on a journey along the historic El Camino Real de Tierra Adentro, the royal Road of the Interior lands. This state Monument tells the fascinating story of more than three centuries of trade and commerce that traversed the trail. Lunch at Socorro Springs Restaurant follows.

#### Highland

Wednesday, May 15

Check in: 8:00 am • Return: 5:00 pm  
\$13 transportation

### Cimarron NM and St. James Hotel

Cimarron, New Mexico is the Historic Heart of the West. Visit the Northern NM town that was established in 1857. We will visit a most unusual museum and the haunted St. James Hotel.

#### Barelas

Thursday, May 23

Check in: 7:00 am • Return: 6:00 pm  
\$25 transportation

### A Day in Las Vegas, NM

Las Vegas is an enchanting place to visit. Spend time taking in the breathtaking sites and visiting museums while learning interesting history about this historic town.

#### Manzano Mesa

Friday, May 24

Check in: 9:15 am • Return: 4:00 pm  
\$13 transportation

**Trips are first-come first-served.  
Call the host center to sign up.**

### Ojo Caliente Trips

May and June trips scheduled. See page 8 for details

#### June

### Salinas Pueblo Missions National Park

Visit the three units of the Salinas Pueblo Missions National Monument. The Abo, Quarai, and Gran Quivira ruins give insight to the earliest meetings of Spanish missionaries and local Puebloan tribes. Lunch follows at the Shaffer Hotel Restaurant.

#### North Valley

Tuesday, June 4

Check in: 8:15 am • Return: 5:00 pm  
\$8 transportation



**Meals are at your own expense  
unless otherwise stated.**

### Japanese Garden

Take this 1-hour walking tour of the Beautiful Japanese Garden located at the Botanical Gardens. Afterwards, roam through the Botanical Gardens and have lunch at the Shark Reef Café.

#### Highland

Wednesday, June 5

Check in: 9:00 am • Return: 1:30 pm  
\$1.50 transportation, lunch and admission at your own expense

### Sandia Peak Tramway

The Sandia Peak Aerial Tramway transports you over deep canyons and breathtaking terrain—a distance of 2.7 miles. See some of nature's more dramatic beauty unfold with panoramic views of the Rio Grande Valley and the Land of Enchantment.

#### Los Volcanes

Friday, June 6

Check in: 9:30 am • Return: 1:00 pm  
\$3.50 transportation, \$17 tram ride



Free with  
regular  
admission

### Feria Artística: A Juried Spanish Market

**April 20 & 21,  
9:00 am–4:00 pm**

Traditional and contemporary art by over 50 of New Mexico's most talented Hispanic artists. Featuring: wood carvings, bultos, retablos, precious metals, textiles, mixed media, basketry, pottery, iron, drawings, jewelry, bronze, photography, and much, more. There will be food as well as live entertainment.

### Exhibitions

**Fédération Aéronautique  
Internationale Ballooning Commission  
International Hall of Fame  
Ongoing**

## Anderson-Abruzzo Albuquerque International Balloon Museum

### Family Programs

Free with  
regular  
admission

### Stories in the Sky FREE

#### Every Wednesday

**2 sessions:**

**Session 1: 9:30–10:15 am;**

**Session 2: 10:45–11:15 am**

Designed to engage even the youngest visitors with stories, music and movement, and engaging curiosity that expands the learning experience, "Stories in the Sky" was developed by the Museum's Curator of Education, Laurie Magovern, who leads the group each week.

### Friday Film Frolics

Combining live entertainment, interactive activities, and films that allow imaginations to soar; join the fun, with families and friends. Pre-registration is required. Films are G or PG rated. 5:30–8:30 pm

#### Despicable Me

**January 25:** In a happy suburban neighborhood sits a black house with a dead lawn. Hidden deep beneath this home is a vast secret hideout. Surrounded by an army of tireless, minions, we discover Gru planning to steal the moon. Delighting in all things wicked, and armed with a vast arsenal, Gru vanquishes all who stand in his way. That is until he encounters three orphaned girls who something in him never seen before, a potential Dad. (Rated PG; 95 min; 2010)

#### Secret of the Wings

**February 22:** Journey with Tinker Bell and her fairy friends into the forbidden world of the Mysterious Winter Woods, where curiosity and adventure leads Tink to an amazing discovery and reveals a magical secret that could change her world forever. (Rated G; 92 min; 2012)



**Anderson-Abruzzo Albuquerque International Balloon Museum**

9201 Balloon Museum NE • Tuesday–Sunday, 9:00 am–5:00 pm • Closed Mondays, Christmas Day, and New Year's Day

Information: (505) 768-6020 • \$4 Adults; (\$3 NM Resident); \$2 Seniors (65+); \$1 Children (ages 4–12); Toddlers (3 & under) Free

Free admission on first Fri. of the month and Sun. from 9 am–1 pm, except during Balloon Fiesta and when fee-based programs are offered at normally free times.



# Albuquerque Museum of Art & History



## Changing Exhibits

**Deco Japan: Shaping Art and Culture, 1920–1945**  
**Feb 9–Apr 21, 2013**

*Deco Japan* not only provides dramatic examples of the spectacular craftsmanship and sophisticated design long associated with Japan, it conveys the complex social and cultural tensions in Japan during the Taisho and early Showa epochs (1912–1945).

.....  
**Changing Perceptions of the Western Landscape**

**Opens May 19**



Kirk Gittings

## Ongoing Exhibits

.....  
**Albuquerque:**  
**Along the Rio Grande**  
**Nov. 20, 2011 - Sept. 2013**

.....  
**Common Ground:**  
**Art in New Mexico**  
**Permanent Exhibition**

## Events

.....  
**Sunday Program:**  
**Author Talk and Book Signing**

**Clyde Tingley's New Deal for New Mexico: 1935–1938**

**Sunday, January 27, 1:00 pm**

Lucinda Lucero Sachs discusses Tingley's years as New Mexico governor and mayor of Albuquerque. A number of photographs in the book come from the Museum's photoarchives. Come early to purchase your book, the signing will take place after the talk.

.....  
**Sunday Program:**  
**Community Day**

**Sunday, February 10, 1:00–4:00 pm**

Enjoy music, dance and light refreshments while learning about Japanese culture from local community members. This program is in conjunction with the opening of the exhibition, *Deco Japan: Shaping Art and Culture, 1920–1945*.

**Sunday Program:**  
**Author Talk and Book Signing**

**The Suppressed Memoirs of Mabel Dodge Luhan: Sex, Syphilis, and Psychoanalysis in the Making of Modern American Culture**

**Sunday, February 17, 1:00 pm**

Making the suppressed portions of Luhan's memoirs available for the first time, well-known biographer and cultural critic Lois Rudnick examines Luhan's life. She shows us a mover and shaker of the modern world whose struggles with identity, sexuality, and manic depression speak to the lives of many women of her era. Come early to purchase your book, the signing will take place after the talk.

.....  
**Family Fun Day**

**Saturday, March 16, 1:00–4:00 pm**

Explore art making, gallery activities and performance inspired by the exhibition, *Deco Japan: Shaping Art and Culture, 1920–1945*.



Morimura Toriz (1897–1949),  
*Ornament of a Hare*, 1940, cast bronze

**Sunday Program: Lecture**

**Sunday, April 14, 1:00 pm**

Join Andrew Connors, Curator of Art, for a talk about the international Art Deco movement that influenced architecture, interior and industrial design, fashion and jewelry as well as the visual arts. This program is in conjunction with the exhibition *Deco Japan: Shaping Art and Culture, 1920–1945*.

.....  
**Family Fun Day: Heritage Festival at Casa San Ysidro**

**Saturday, May 18,**  
**10:00 am–4:00 pm**

Come and explore New Mexico's agricultural and cultural traditions at Casa San Ysidro. Enjoy performances, weaving, blacksmith and *horno* baking demonstrations and explore the museum's period rooms to see artifacts that reflect how people lived long ago. This program is free.

## Summer concerts

**Salsa Under the Stars and Jazz & Blues Under the Stars** are partnerships between The Albuquerque Museum and The New Mexico Jazz Workshop.

**Museum Amphitheater**

**May 31–August 10, 7:00–10:00 pm** (doors open 6:30 pm)

Info and tickets: [http://www.nmjazz.org/Summer\\_Concert\\_Series.aspx](http://www.nmjazz.org/Summer_Concert_Series.aspx)

## Casa San Ysidro: The Gutiérrez-Minge House

Located in the Village of Corrales, the original home was built by the Gutiérrez family and dates to the 1870s. Today it also includes Alan and Shirley Minge's recreation of a 19th century rancho, complete with a small family chapel, a central plazuela and an enclosed corral area.

**Casa San Ysidro**

973 Old Church Rd, Corrales  
 \$4 adults; \$3 seniors (65+) and students (13+); \$2 children (12 and under)

**Guided Tours:**

**June, July and August**

**Wed–Fri:** 9:30 am, 1:30 pm;

**Sat:** 9:30 am, 10:30 am, 1:30 pm;

**Sun:** 2:00 pm

**September–November;**

**February–May**

**Wed–Sat:** 9:30 am, 1:30 pm;

**Sun:** 2:00 pm

<http://www.cabq.gov/museum/history/casatour.html>

Casa San Ysidro is closed  
 December and January

**The Albuquerque Museum of Art and History • 2000 Mountain Road NW**  
**Tue–Sun, 9:00 am–5:00 pm • Closed Mondays, Thanksgiving, Christmas and New Year's Day.**  
 \$2 Senior (65 & older), \$3 Adult\* (19–64), \$3 Teen (13–18), \$1 Child (4–12), children 3 & younger free (\*\$4 Non NM resident adults)

**Casa San Ysidro • 973 Old Church Rd, Corrales • \$4 adults; \$3 seniors (65+) and students (13+); \$2 children (12 & under)**

**Tours: June, July & Aug, Wed–Fri:** 9:30 am, 1:30 pm; **Sat:** 9:30 am, 10:30 am, 1:30 pm; **Sun:** 2:00 pm  
**Sep–Nov; Feb–May: Wed–Sat:** 9:30 am, 1:30 pm; **Sun:** 2:00 pm Casa San Ysidro is closed Dec–Jan

## Day Trips, continued

### ABQ Trolley Co. Best of Burque Tour

Let Two Guys and a Trolley take you for a comical 85-minute tour aboard a uniquely New Mexican trolley, complete with custom mosaic tiles, open air interior, and an adobe finish!

#### **Palo Duro** **Thursday, June 6**

Check in: 10:00 am • Return: 3:00 pm  
\$2 transportation, \$23 admission

#### **N. Domingo Baca** **Thursday, May 30**

Check in: 10:00 am • Return: 3:00 pm  
\$2 transportation, \$23 admission

### Feast Day at Sandia Pueblo

Sandia Feast days are named after their Pueblos' patron saint, St. Anthony. The Pueblo opens up their respective Feast Day to the public to view the reverent dances and songs offered during the feast. Tribal members get together to renew their culture, language and native religion. Invitations to visit homes, eat and to participate in activities are common.

#### **Barelas, Los Volcanes,** **North Valley, Manzano Mesa** **Thursday, June 13**

Check in: 9:00 am • Return: 2:00 pm  
\$2 transportation

### Santa Fe Opera Backstage Tour

See the remarkable process for how an opera production comes together on a comprehensive, "behind-the-scenes" tour. The walk includes the scene shop, the costume shop, prop shop and other production areas.

#### **Barelas** **Tuesday, June 11**

Check in: 7:15 am • Return: 3:00 pm  
\$8.50 transportation, \$8 one-hour tour

### A Day in Abiquiu

Join us for a day touring Abiquiu. Visit Ghost Ranch, take a short hike, walk through the labyrinth and go to the lake. Lunch at a café in town. If time permits we will visit to El Rito village, located fourteen miles south of Abiquiu.

#### **North Valley** **Tuesday, June 18**

Check in: 8:15 am • Return: 5:00 pm  
\$16 transportation

## Return Times are Approximate

### Guided Sunset Float

This guided trip will put in at Algodones and float through several miles of cottonwood Bosque, which opens regularly to magnificent views of the Sandia's as they undergo their daily transformation into the "Watermelon Mountains" We will take out at Coronado Campground, and enjoy light snacks and a campfire, complete with S'mores!

#### **Palo Duro** **Thursday, June 20**

Check in: 4:30 pm • Return: 10:30 pm  
\$1.50 transportation, \$57 admission



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### Santa Fe Opera

#### La Traviata

**Doomed Courtesan With One Last Hope.** *La Traviata* is Verdi's tenderest and most intimately observed depiction of love. But it also reveals the hypocritical realities behind the gorgeous facade of the Parisian demi-mondaine, brilliantly illuminated in this production by stage director and designer Laurent Pelly. Acclaimed soprano Brenda Rae returns to America to sing Violetta opposite the dashing Michael Fabiano as Alfredo. British conductor Leo Hussain conducts.

#### **Palo Duro, Wednesday, July 24**

Check in: 5:30 pm • Return: 1:00 am  
\$67 transportation and ticket

#### La Donna Del Lago

**A Mysterious Beauty With a Secret Identity.** *La Donna del Lago* is Rossini's most romantic masterpiece. Why is it so infrequently seen? One reason: the formidable demands of the title role. Fortunately, Santa Fe audiences will see it performed by the fabulous mezzo-soprano Joyce Di Donato—who has earned acclaim for it in Milan and Paris. Leading bel canto specialist Marianna Pizzolato sings Malcolm, and sought-after coloratura tenor Lawrence Brownlee sings Uberto. Stephen Lord conducts.

#### **Palo Duro, Tuesday, August 6**

Check in: 5:00 pm • Return: 12:30 am  
\$61 transportation and ticket

Most require advance registration. Call the host center to sign up.

### The Albuquerque Museum of Art and History

Featuring New Mexico's art and history..  
Lunch at the Museum Slate Street Café.

#### **Los Volcanes** **Thursday, June 20**

Check in: 9:15 am • Return: 2:00 pm  
\$2.50 transportation, \$2 admission

### Ohkay Owingeh Feast Day

Visit this nearby pueblo, located in Española, the first capital city in America, and enjoy an afternoon of dance and music and lots of food.

#### **Barelas** **Monday, June 24**

Check in: 9:00 am • Return: 4:00 pm  
\$10.25 transportation, lunch at your own expense

### Old Town Fun

Experience music, dance and theatrical performances in Old Town. Shop, dine and enjoy the surroundings.

#### **North Valley** **Thursday, June 27**

Check in: 1:00 pm • Return: 5:00 pm  
\$1 transportation

### NM Candle Company

They don't just sell candles they make them right there—specializing in hand-crafted candles made of only the finest wax. Lunch will be at Sweet Tomatoes salad bar buffet, which offers a variety of pastas, soups, muffins, breads and more.

#### **Los Volcanes** **Tuesday, June 18**

Check in: 9:45 am • Return: 1:30 pm  
\$3 transportation

## Theater Trips



### Grande Duchesse

**A Desperate Grand Duchess on the Prowl.** Opera enthusiasts can't wait to see the ebullient mezzo-soprano Susan Graham in the title role of Jacques Offenbach's hilarious *The Grand Duchess of Gerolstein*. Far from being "a lady of a certain age," this Grand Duchess is a sexy, spoiled aristocrat with an eye for Fritz, a cadet at the local military academy, sung by the dynamic American tenor Paul Appleby. Soprano Anya Matanovi completes the love triangle; Emmanuel Villaume, a noted specialist in French repertory, conducts.

**N. Domingo Baca, Friday, June 28**  
Check in: 5:30 pm • Return: 1:00 am  
\$65 transportation and ticket

### Marriage of Figaro

**A Seducer Unmasked in a Moonlit Garden.** The *Marriage of Figaro* is psychologically insightful and politically daring, yet affirmative in its transcendent depiction of redemptive love—and filled with beautiful music. Fast-rising baritone Zachary Nelson, who riveted audiences as Angelotti in *Tosca* last summer, sings Figaro alongside exciting debutante Lisette Oropesa and Santa Fe favorites Susanna Phillips, Daniel Okulitch and Keith Jameson. John Nelson conducts.

**N. Domingo Baca, Wednesday, July 10**  
Check in: 5:30 pm • Return: 1:00 am  
\$65 transportation and ticket



# Presentations

## Health Awareness and Prevention

### Building Fitter Brains

New Mexico Senior Olympics and Aging Matters, LLC training consultants, will provide this health promotion training. Come ready and willing to participate in an interactive group session. Explore brain fitness by looking at: **exercise, nutrition and creativity**, in these three workshops that promise to be a fun learning laboratory designed to help incorporate more learning activity in your daily life. Wear comfortable clothes and gym shoes.

**Los Volcanes**  
**Wednesday, January 16,**  
 8:30 am–12:00 pm  
 To reserve your seat call Berlinda  
 764-6467 or email: bpadilla@cabq.gov.

### Congestive Heart Failure

This presentation focuses on educating seniors on the importance of healthy eating and exercise for those with congestive heart failure, and those of you who want to prevent heart disease. Make your heart stronger by living a healthy lifestyle. Sponsored by Care Improvement Plus.

**Los Volcanes, Room 10**  
**Wednesday, February 6**  
 9:00–10:30 am

**North Valley, Room 4**  
**Wednesday, February 20**  
 10:15–11:15 am

**Highland, Room 7**  
**Thursday, March 21, 9:30–10:30 am**  
 Floyd Duran

### Project Heart—An Easier Way to Save a Life

Sudden cardiac arrest kills 300,000 people annually. Help reduce this number by learning hands-only CPR and how to respond in an emergency. Learn the simple steps of saving a life in this short, 1-hour training. Free and for all ages. Bring your family and friends.

**Los Volcanes, Room 2**  
**Friday, February 8, 15, March 1**  
 9:00–10:00 am  
 New Mexico Heart Institute



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### Foot Screening Balance Program



Worried about falling? Join us for a free foot screening and balance lecture. Knowing how to fall and how to avoid falling will help prevent serious injury.

**Highland, Room 7**  
**Wednesday, February 13 or May 15,**  
 5:30–6:30 pm  
 Angela Drury, DPM

**North Valley, Room 3**  
**Tuesday, February 26, 5:30–6:30 pm**  
 Angela Drury, DPM

### Getting Your Affairs in Order

A guide to the things you should be thinking, discussing and putting into action as you age. Resources and documents will be provided.

**Los Volcanes, Room 10**  
**Wednesday, February 13**  
 9:00–10:00 am  
 Susan Lueckenhoff, LISW and  
 Amy Flinko, BSW, Heritage Hospice

**Barelas, Stover**  
**Friday, April 26, 10:00 am**  
 Susan Lueckenhoff, LISW,  
 Heritage Hospice

### Hypertension

Your blood pressure may be just a number, but it's a very important one. Come and learn why it is so important.

**Los Volcanes, Room 2**  
**Thursday, February 21,**  
 5:00–7:00 pm



**Los Volcanes, Room 10**  
**Wednesday, March 20, 9:00–11:00 am**  
 Liz Leonard, RN, VistaCare

**N. Domingo Baca, Community Room**  
**Monday, June 17, 10:30 am–12:00 pm**  
 Liz Leonard, RN, VistaCare

### Vision Disability

Learn about modern technology, herb remedies and laser surgery.

**Barelas, Stover**  
**February 1 & March 15, 11:00 am**

### Who's Out There to Help Me?!

A look at services for seniors as they age and decline and need care or support. An overview of resources available to seniors and answers to most asked questions regarding health and care.

**Barelas, Stover**  
**Friday, February 22, 10:00 am**  
 Susan Lueckenhoff, LISW and Amy  
 Flinko, BSW, Heritage Hospice

**Los Volcanes, Room 10**  
**Wednesday, May 8, 9:00–10:00 am**  
 Susan Lueckenhoff, LISW and  
 Amy Flinko, BSW, Heritage Hospice

### Steps To Better Hearing

If you're experiencing even the slightest hearing loss, you'll appreciate this presentation.

**Los Volcanes, Room 10**  
**Wednesday, February 27**  
 9:00–11:00 am  
 Crissy Pease, Sandia Hearing

### Overview of Alzheimer's and

Learn about caregiver issues and the stages of dementia.



**Los Volcanes, Room 2**  
**Thursday, February 28, 5:30–6:30 pm**  
 Susan Lueckenhoff, LISW and  
 Amy Flinko, BSW, Heritage Hospice

### Diabetes Education

Learn the importance of nutrition and exercise for diabetics. Rather than using a bandage approach, learn alternatives to sugar and other ingredients that raise blood sugar. Use exercise to assist in lowering your blood sugar instead of depending only on medications.

**Los Volcanes, Room 2**  
**Friday, March 8, 9:00–10:30 am**  
 Care Improvement Plus

**N. Domingo Baca, Community Rm**  
**Monday, April 29**  
 10:30 am–12:00 pm  
 Care Improvement Plus



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### Pain Management

Pain is what the patient says it is, but what is that to you and me? Find out what pain is and how it can be managed without giving up your quality of life.

**Los Volcanes, Room 2**  
**Thursday, March 14, 5:00–7:00 pm**  
 Liz Leonard, VistaCare  
**Los Volcanes, Room 10**  
**Wednesday, April 3, 9:00–11:15 am**  
 Liz Leonard, VistaCare



### Early Stage Alzheimer's: Caregiving Issues and Tips

Practical discussion of early dementia. Signs, symptoms, behaviors and issues that face the patient with dementia and their loved ones, along with resources for assistance will be presented.

**Los Volcanes, Room 2**  
**Thursday, March 28, 5:30–6:30 pm**  
 Susan Lueckenhoff, LISW,  
 Heritage Hospice



### (COPD) Chronic Obstructive Pulmonary

COPD, is a progressive disease that makes it hard to breathe, and gets worse over time. Join us to learn more about tips on how to reduce the effects and also learn preventative techniques.

**Los Volcanes, Room 2**  
**Friday, March 29, 9:00–10:30**  
 Care Improvement Plus

**Highland, Room 7**  
**Thursday, April 25, 9:30–10:30 am**  
 Care Improvement Plus

**North Valley, Room 4**  
**Wednesday, May 1, 10:30–11:30 am**  
 Care Improvement Plus

### Five Secrets to Permanent Weight Loss

Increasingly people are exploring alternative weight loss treatments to lose weight. Diet pills, starvation diets, surgery and western medicinal practices just haven't work for them, and when they do, they often gain back the weight they lost plus some. Would you like: to lose weight, increase energy, have better health, and more self esteem. Learn: why diets don't work, why fats don't make you fat, how your metabolism works and how sugar, carbs are used by your body.

**Barelas, Stover**  
**Friday, April 5, 10:00 am**  
 Dr. Dominic P. Stape, Natural Life,  
 Acupuncture and Wellness

## Presentations, continued

### Healthy Eating

This presentation focuses on presenting healthy eating tips; includes a healthy snack demonstration.

**Palo Duro**, Ponderosa  
**Wednesday, April 10**, 9:30–10:30 am  
Care Improvement Plus

### Shingles

Shingles is most common in older adults and people who have weak immune systems. Learn more about shingles, its symptoms and treatments.

**North Valley**, Room 4  
**Wednesday, April 10**, 10:00–11:00 am  
St. John Healthcare and Rehab Center

### Five Secrets to Looking and Feeling Younger

**Barelas**, Stover  
**Friday, April 19**, 10:00 am  
Dr. Dominic P. Stape, Natural  
Life/Acupuncture and Wellness

### Mid Stage Alzheimer's: Caregiving Issues and Tips

This presentation will look at mid stage dementia and its symptoms, behaviors and issues that face both the patient and the family/caregivers. Caregiving challenges and communication strategies will be discussed.

**Los Volcanes**, Room 2  
**Thursday, April 25**,  
5:30–6:30 pm  
Susan Lueckenhoff, LISW,  
Heritage Hospice

### What you need to know about the Sciatica Nerve

Sciatica describes the symptoms of leg pain and perhaps tingling, numbness or weakness that starts in the lower back and travels through the buttock and down the large sciatic nerve in the back of the leg. Learn the common causes of Sciatica, and what you can do to relieve the pain.

**North Valley**, Room 4  
**Wednesday, May 15**, 10:00–11:00 am  
St. John Healthcare and Rehab Center



Look for this logo for  
evening & weekend activities

### Oral Hygiene

Learn proper cleaning, flossing and other oral health issues.

**Los Volcanes**, Room 2  
**Friday, May 17**, 9:00–11:00 am

**N. Domingo Baca**, Community Room  
**Monday, June 24**, 10:30 am–12:00 pm  
Care Improvement Plus

### Late Stage Alzheimer's: Caregiving Issues and Tips

Look at the symptoms and behaviors of late stage dementia and its impact on the patient and family. Challenges and needs of caregiving will be discussed.

**Los Volcanes**, Room 10  
**Thursday, May 23**, 5:30–6:30 pm  
Speaker: Susan Lueckenhoff, LISW,  
Heritage Hospice

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### The Take on Salt...

This presentation focuses on the importance of healthy eating and exercise for Congestive Heart Failure. Rather than using a bandage approach to diabetes, education is centered on using alternatives to salt and other ingredients that increase blood glucose levels.

**Palo Duro**, Ponderosa  
**Wednesday, June 5**, 9:30–10:30 am  
Care Improvement Plus

### Lactose Intolerant versus Gluten Intolerant

There are signs that can help you determine if you are Gluten or lactose intolerant. Learn about the differences, get tips for cooking gluten free and much more.

**North Valley**, Room 4  
**Wednesday, June 5**, 10:00–11:00 am  
St. John Healthcare & Rehab Center

### The Effects of Dementia on Persons, Couples and Families

An overview of the unique dynamic of dementia. Learn about stresses associated with dementia and about special needs from a medical, social and caregiving perspective. Current research and advice of professionals will be discussed.

**Los Volcanes**, Room 10  
**Wednesday, June 12**, 9:00–10:30 am  
Susan Lueckenhoff, LISW, Gary  
Thieme, Chaplain, M.A., Heritage  
Hospice

### Five Wishes Workshops

How do you want to be treated if you are ill and unable to speak for yourself? Five Wishes is unique among living will and health agent forms because it speaks to all of a person's needs: medical, personal, emotional and spiritual. Workshops build upon previous ones, but you may join at any time.

**North Valley**, Room 4  
**Wednesday, June 12, 19, 26**,  
9:30–10:30 am  
Sponsored by: Hospice de la Luz

### Beginning Meditation

**Barelas**, Stover  
**Tuesday, February 26**, 1:30 pm  
**Tuesday, March 26**, 1:30 pm  
Rennie Maguire

### Special Services

#### Hospice Care: Clarifying the Myths

A discussion of what hospice care is and isn't. This informal discussion makes hospice easier to understand.

**Los Volcanes**, Room 10  
**Wednesday, March 13**, 9:00–11:00 am

**Barelas**, Stover  
**Friday, May 24**, 10:00 am  
Susan Lueckenhoff, LISW,  
Heritage Hospice

#### Improve your Hearing

Learn how to improve your speech comprehension, understand speech in a crowd and detect sound direction easier. You will also discover a way to use cellular phone communication for the hearing impaired.

**North Valley**, Room 4  
**Wednesday, March 27**, 9:30–10:30 am  
Garth Gobeli

**Manzano Mesa**, Room 4  
**Thursday, May 23**, 10:00–11:00 am  
Garth Gobeli

### UNM Hospitals Community Report Card

Join Misty Salas, MPA, UNM Hospitals for this presentation to keep community members well informed about new and existing services available at UNMH, and the programs, initiatives, finances and statistics as well.

**Los Volcanes**, Room 2  
**Friday, February 22, March 15**,  
10:00–11:00 am

**N. Domingo Baca**, Community Room  
**Monday, March 4, April 1**,  
10:30 am–12:00 pm

**Palo Duro**, Ponderosa  
**Wednesday, April 3**, 9:30–10:30 am

**Barelas**, Stover  
**Friday, May 31**, 10:00–11:00 am  
**Friday, June 21**, 10:00–11:00 am

### Assisted Living, Residential Care, and Nursing Home—An Overview

A look at these different levels of care, criteria, costs, and services provided.

**Los Volcanes**, Room 10  
**Wednesday, June 12**, 9:00–11:00 am  
Susan Lueckenhoff, LISW and  
Amy Flinko, BSW, Heritage Hospice

**Barelas**, Stover  
**Friday, June 28**, 10:00 am  
Susan Lueckenhoff, LISW and Amy  
Flinko, BSW, Heritage Hospice

### Heat New Mexico

New Mexico Gas Company's heating assistance fund, Heat New Mexico, helps income-qualifying New Mexicans pay their winter heating bills. This fund comes from fellow customers like you who want to help New Mexicans in need. 100% of your tax-deductible donations go to help New Mexicans keep warmer and safer each winter.

**N. Domingo Baca**, Community Room  
**Monday, February 4**  
10:30 am–12:00 pm  
Carol Cordova-Martinez

### Help in the Home

A presentation of the resources and services in the community that can assist in the home setting.

**Barelas**, Stover  
**Friday, March 29**, 10:00 am  
Susan Lueckenhoff, LISW and  
Amy Flinko, BSW, Heritage Hospice



## Presentations, continued

### Financial

#### Financial Planning For Family & Professional Caregivers' of Seniors

For families with seniors in their lives... do you know if parents and other relatives have a safe deposit box, and where it is? Do you know where tax records are, and who prepares the taxes? Have you felt at a loss during a period of incapacity with a relative, as though you didn't have the information you needed? Do you find it difficult to have these discussions with parents or with siblings? In collaboration with the New Mexico Project for Financial Literacy, Inc., will host a five session Financial Caregiving course for family and professional caregivers of seniors. Vicki Van Horn, Certified Financial Planner (R) will present. The sessions will increase awareness of the key issues of incapacity planning so that family members can correctly prioritize these tasks during times of stress, preventing anxiety through pre-planning, and creating better communication among families.

**Los Volcanes, Room 2**  
**Thursday, March 28,**  
**April 4, 11, 18, 25,**  
**5:30–7:00 pm**  
Vicki Van Horn, New Mexico Project for Financial Literacy, Inc.



#### Pharmacy Brown Bag

Bring in your medications and have a licensed Pharmacist look them over and make sure that they are not outdated or interact with other medications

**Highland, Room 7**  
**Thursday, April 11, 9:30–11:00 am**  
Pharmacy Association

**North Valley, Room 4**  
**Wednesday, March 6, 9:30–10:00 am**  
Pharmacy Association

#### Rules of the Road

For all ages, and investors, this presentation introduces the fundamental concepts of investing and potential strategies to help build wealth.

**N. Domingo Baca, Community Room**  
**Monday, March 11, 10:30–11:30 am**  
Bernard Ela, Edward Jones Investments

### Medicare

Learn what Medicare is, and how it differs from Medicaid. Find out what Medical services Medicare covers.

**North Valley, Room 4**  
**Wednesday, April 17, 10:00–11:00 am**  
St. John Healthcare and Rehab Center

#### What is Medicaid?

Learn the basic facts of Medicaid including eligibility and enrollment process. Get information on benefits and the Do's and Don'ts of Medicaid.

**North Valley, Room 4**  
**Wednesday, May 22, 10:00–11:00 am**  
St. John Healthcare and Rehab Center

#### Savvy Social Security

Sponsored by: UBS Financial Services Inc., this informative presentation will teach you how to maximize your Social Security Benefits.

**Palo Duro, Ponderosa**  
**Wednesday, February 6,**  
**5:45–6:45 pm**



**Los Volcanes, Room 2**  
**Thursday, February 7,**  
**5:30–6:30 pm**



**Barelas, Stover**  
**Friday, February 7, 10:00 am**

### History and Traditions

#### History of "Secret-Jews in New Mexico"

Were there "crypto (secret) Jews" in the colonization of New Mexico? Were they fleeing the Spanish Inquisition? We will explore this issue, its literature, and the DNA of a sample of New Mexicans.

**North Valley, Room 4**  
**Wednesday, March 13, 9:30–10:30 am**  
Ruben Salaz

## Center memberships are only \$13 a year.



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### Hershey's Chocolate

Milton S. Hershey was the founder of the Hershey Chocolate Company and the "company town" of Hershey, PA. Come to this presentation to hear about this extraordinary man, the company he created and how he used his wealth. We will also learn something about the history and processing of chocolate and candy.

**Palo Duro, Ponderosa**  
**Wednesday, February 6,**  
**10:30–11:30 am**  
Historian Carol Venturini

#### Introduction to Curanderismo Kitchen Herbs and Remedies for Healing

Tonita recently completed her studies of Traditional Medicine at the University of Mexico in Morelos. She has been an apprentice for the internationally known for her expertise in Temazcal, Medicinal Plants, Massage, Nutrition and Counseling, Rita Navarrete Perez. Tonita will show us how we can find home remedies right in our own kitchen..

**Barelas, Stover**  
**Friday, February 15, 10:00 am**  
Antoinette Gonzales (Tonita)

### Curanderismo Healing with Foods and Juicing

Have you ever wondered what traditional medicine is? Well, here is your opportunity, local curandera Antoinette Gonzales (Tonita) will explain and demonstrate what traditional medicine is and how we can use it to our benefit. Recipes to help with inflammation, arthritis and immunity.

**Barelas, Stover**  
**Friday, March 1, 10:00 am**  
Antoinette Gonzales (Tonita)



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### Senior Issues

#### Confused about Health Care Reform?

Know the facts: The Affordable Care Act is: good for Medicare, good for seniors, good for the economy. Sponsored by: Mandy Pino, Alliance for Retired Americans.

**Palo Duro, Ponderosa**  
**Wednesday, January 9**  
**10:30–11:30 am**

**Los Volcanes, Room 2**  
**Friday, March 7**  
**5:00–6:30 pm**



**Los Volcanes, Room 2**  
**Friday, March 22, 9:00–10:30 am**

**Mission:** The Department of Senior Affairs is a community leader, who in partnership with others, involves seniors and people of all ages in creating a community that enhances everyone's quality of life by providing opportunities to achieve their potential, share their wisdom, maintain their independence, and live in dignity.

## Presentations, continued

### Presentations with Gail Rubin

Join Certified Celebrant, Gail Rubin, as she illustrates serious issues with humor and clips from film and television in these up beat talks. Gail is a breast cancer survivor and author of *A Good Goodbye: Funeral Planning for Those Who Don't Plan to Die* ([www.AGoodGoodbye.com](http://www.AGoodGoodbye.com)). Come to laugh and learn! Sign up in advance.

#### Buying the Farm: TV Series Six Feet Under Funeral Arrangements

Clips from this award-winning series help to focus on funeral arrangement conferences and important consumer issues.

**Manzano Mesa, Room 4**  
**Thursday, February 21,**  
10:00–11:00 am

**Palo Duro, Cottonwood**  
**Wednesday, March 20,**  
10:30–11:30 am

**N. Domingo Baca, Community Rm.**  
**Monday, April 8, 10:30 am–12:00 pm**

#### Laughing in the Face of Death: Funny Films for Funeral Planning

Just as talking about sex won't make you pregnant, talking about funerals won't make you dead—and your family will benefit from the conversation. Films include: *Get Low*, *The Six Wives of Henry Lefay*, *Death at a Funeral*, *Undertaking Betty*, *The Big Lebowski* and *Elizabethtown*.

**N. Domingo Baca, Community Rm.**  
**Monday, January 7**  
10:30 am–12:00 pm

**North Valley, Room 4**  
**Wednesday, April 3, 9:30–10:30 am**

**Manzano Mesa, Room 4**  
**Thursday, April 18, 10:00–11:00 am**

#### Jewish Funeral Traditions on Film

Jewish traditions regarding death and dying, the funeral, the treatment of the body, burial, mourning, and annual remembrances are very different from Christian practices. This talk illuminates the differences and similarities of these funeral traditions—highly beneficial for interfaith families. Scenes from two comedic films from Mexico, *My Mexican Shiva* and *Nora's Will*, illustrate Jewish funeral, burial and mourning traditions.

**N. Domingo Baca, Community Rm.**  
**Monday, February 25**  
10:30–12:00 pm

#### Hollywood's Visions, Trips and Crowded Rooms

Dr. David Kessler's book *Visions, Trips and Crowded Rooms* shares the personal stories of medical and hospice professionals who witness death. Some of the dying have remarkable visions, some speak of going on a trip, and others see people who they knew in this lifetime crowding the room. Movies provide a way of looking at this phenomenon when someone dies. This talk opens the door to discussing mortality issues.

**Manzano Mesa, Room 4**  
**Thursday, March 21**  
10:00–11:00 am

**N. Domingo Baca, Community Rm.**  
**Monday, May 6, 10:30 am–12:00 pm**

#### The Funeral Director on Film

Gail will talk about the funeral industry through Hollywood portrayals of "the last man to let you down."

**Palo Duro, Ponderosa**  
**Wednesday, May 29, 10:30–11:30 am**

### Of Special Interest

#### Modular Trains

Come and enjoy the experience of the railroads in New Mexico. New Mexico Narrow Gauge Modular Club brings the most beautiful display of modular trains to Barelas Center.

**Barelas, Lobby**  
**Friday, February 8, 8:00 am**  
NM Narrow Gauge Modular Club

#### The Ever Fascinating Comet!

Comets have long intrigued us. This presentation will discuss comet origins and show images from NASA comet missions with a preview of the New Horizons mission to Pluto.

**Palo Duro, Cottonwood**  
**Wednesday, February 27**  
10:30–11:30 pm  
Len Duda



#### Tomatoes 101

The gardener's guide to tomatoes, you will learn everything you wanted to know about growing tomatoes!

**Palo Duro, Cottonwood**  
**Tuesday, April 23**  
10:00 am–12:00 pm  
Karen Davis



#### Craft Your Heart Out

Valentine card making class. The day of love is just around the corner—are you ready? Lets make Valentine cards for our loved ones! Materials provided. Bring items you want to include on your cards.

**Palo Duro, Cottonwood**  
**Wednesday, Jan. 30, 5:30–7:00 pm**  
\$4 materials, Yolanda Grady,  
Josie Lyons

#### Let's Get Juiced

Making homemade juice from fresh fruits and vegetables is easy, fun and nutritious. Watch how several juices are made and then taste samples.

**Barelas, Stover**  
**Wednesday, June 5, 1:00–2:00 pm**  
Gladie Peltomaki



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#### Writing with Marcia Rosen

**North Domingo Baca, Community Rm.**  
10:30 am–12:00 pm  
Marcia Rosen, author, literary agent

#### The Writers Therapist

**Monday, January 28 & June 10:** For anyone who is published, writing or wanting to write a book and asks, "now what?" Writing, editing, publishing, marketing: What are your concerns, needs? Where to Start? What to write? Where to write? How to get published, promote and sell your book? Keeping motivated and inspired! Attend for answers and practical solutions. Bring your questions.

#### Encouraging and Supporting The Writer Within You!

**Monday, March 18:** This presentation will encourage, inspire and motivate folks to write and keep writing. It will cover the process of writing, developing and structuring a book, what makes a good book, the latest in publishing opportunities in the age of technology, and making it possible to create well received best sellers with self-published books.

#### Memoir-Life Writing Your Story

**Monday, May 20:** Each of us has a history and our own unique story. There are various ways to tell your story, of how you lived your life and the truths that led to your choices and experiences. Share how you loved, laughed, cried, struggled and survived it all.

**Presentations are free with membership unless otherwise noted**



Presentations, continued

Painting With Wax

A low-heat travel iron is the brush. Wax is the paint. Sealed paper is the canvas. See how a landscape is painted within twenty minutes. The fascinating and fun procedure is called “Encaustic Art” and the resulting in one-of-a-kind artworks.

**Barelas, Stover**  
**Wednesday, May 29, 1:00–3:00 pm**  
Gladie Peltomaki

Humphrey Bogart and  
Lauren Bacall

The lives of Bogart and Bacall, on and off the screen, will be revealed in this lively talk. Was he actually like the tough guy portrayed in his films? What really happened when the hard-drinking Bogart first met Bacall and how did she acquire her sultry look and voice. Learn if they truly “had it all” as a 1981 song implied. What did Bogart candidly say about some of his costars? Also, we will disclose what life was like for Bacall after Bogart.

**N. Domingo Baca, Community Rm.**  
**Monday, March 25, 10:30 am–12:00 pm**  
Carol Venturini

The Final Departure

Life is a journey. It requires beginnings and endings. Please join us for a special presentation that will help you find comfort in your journey.

**N. Domingo Baca, Community Rm.**  
**Monday, April 22**  
10:30 am–12:00 pm  
Tana Armentrout, VistaCare

Beauty Hand Treatments

Our hands take a beating and our hands can tell a lot about our age. Join us for a demonstration on how to keep our hands hydrated and looking their best, along with polishing tips.

**N. Domingo Baca, Community Rm.**  
**Monday, June 3, 10:30 am–12:00 pm**  
Tonie Oja

Organize Your Space

Learn to organize your home, closet and drawers to be a happier you.

**North Valley, Room 4**  
**Wednesday, January 9,**  
10:00–11:00 am  
St. John’s Admissions

Safety

Fall Prevention

Help reduce your risk for falls! Follow easy steps to keep you safe.

**North Valley, Room 4**  
**Wednesday, February 27,**  
10:00–11:00 am  
St. John’s Admissions

**N. Domingo Baca, Community Rm.**  
**Monday, May 13, 10:30 am–12:00 pm**  
Improvement Plus

Fall Risk Screenings

UNM will be offering fall risk screenings for you and your loved ones. Following your screening you will receive information on how to improve your strength and balance to prevent falls.

**Palo Duro, Ponderosa**  
**Wednesday, April 24, 9:00–11:30 am**  
Peg Wanta, PT, DPT, ACCE, Asst.  
Professor, Physical Therapy Program

Travel

Hearst Castle—  
Building the Dream

High above the majestic central California coast rises an enchanted castle, created from the dreams of Wm. Randolph Hearst. This film shows the man behind the dream, the European influence that helped create an architectural masterpiece and the flow of famous houseguests and extravagant parties, hosted by the newspaper publisher magnet. Presented by Suzie Clements, Sun Tours.

**N. Domingo Baca, Community Room**  
**Monday, January 14**  
10:30 am–12:00 pm

**Palo Duro, Ponderosa**  
**Wednesday, January 23,**  
10:30–11:30 am



Antelope & Glen Canyons

Relax while viewing the dynamic lighting and color in Antelope Canyon. Transition to the spectacular horizons and magnitude of Glen Canyon and Lake Powell finishing with the magnificent monoliths of Monument Valley.

**Highland, Room 1**  
**Thursday, February 21,**  
9:30–11:00 am  
Walt Punke

Panama Canal

The building of the Panama Canal was a massive feat of engineering. Explore this mind-boggling undertaking through historic film footage, rare archival photographs and insightful narration.

**Palo Duro, Ponderosa**  
**Wednesday, March 27, 10:30–11:30 am**  
Suzie Clements, Sun Tours

Canadian Maritime  
Provinces and Tides of  
the Bay of Fundy

Learn about New Brunswick, Nova Scotia and Prince Edwards Island. See the lows and highs of the fifty-plus foot tides on the Bay of Fundy and note key points-of-interest, geographic features and cultural characteristics of our northern neighbor provinces.

**Highland, Room 1**  
**Thursday, May 9, 9:30–11:00 am**  
Walt Punke

Mystery Travel Presentation

Although our “tour” destination may not be known be assured that this presentation will be a great one.

**Palo Duro, Ponderosa**  
**Wednesday, May 8, 10:30–11:30 am**  
Suzie Clements, Sun Tours

Center Memberships are only \$13 a year.  
Activities are first-come first-served.  
Many require advance registration.  
Call the host center to sign up.



Public Art  
in Albuquerque

The Arts Board (the recommending body for the Public Art Program) meets every second Wednesday of the month at 4:00 pm in room 7026 on the 7th floor of old city hall. The public is welcome to attend. To contact the arts board call 768-3566 or visit: [www.cabq.gov/culturalservices/publicart](http://www.cabq.gov/culturalservices/publicart)

Subscribe to the Public Art Urban Enhancement E-Newsletter to get the latest on public art and other city supported cultural programs.

[cabq.gov/culturalservices/public-art](http://cabq.gov/culturalservices/public-art)

Once a month, the Public Art Program offers civic clubs and organizations a 1-hour slide show and lecture about public art in Albuquerque. You can schedule a public art slide show and talk for your group by calling Brendan Picker at (505) 768-3676.

“Rain to River”, the Hahn Arroyo Mosaic Project, by lead artist Nan Masland and 160 community volunteers, 2011.



Cultural Services

DSA Phone Numbers



Senior Information Line	764-6400
North Domingo Baca	764-6475
NDB 50+ Fitness Ctr.	764-6494
Barelas	764-6436
Bear Canyon	291-6211
Highland	256-2000
Los Volcanes	836-8745
Los Volcanes Fitness Ctr.	839-3710
Manzano Mesa	275-8731
North Valley	761-4025
Palo Duro	888-8102
Palo Duro Fitness Ctr.	880-2800



# Events

## January–June



### Birthday Party

Celebrate birthdays every month with cake and punch. Cake sponsored by Presbyterian

**Los Volcanes, Social Hall**  
1st Friday, 11:15 am–12:30 pm  
**Barelas, Country Club**  
3rd Wednesday, 11:30 am–1:00 pm  
**Highland, Social Hall**  
4th Thursday, 11:30–12:00 pm  
**N. Domingo Baca, Social Hall**  
4th Tuesday, 11:30–12:30 pm  
**North Valley, Social Hall**  
3rd Friday, 11:30 am–12:30 pm

Online at: [www.cabq.gov/seniors](http://www.cabq.gov/seniors)



### Movie Series at Barelas

Enjoy a variety of good movies and a snack.

**Barelas, Lobby**  
Every Mon, Wed, Thu, 1:00 pm  
2nd Monday pizza and drinks

### A Movie and Snack

Sit, relax and enjoy a good movie along with a delicious snack.

**Los Volcanes, Social Hall**  
Tuesday, Jan 15, Feb 19, Mar 19,  
Apr 16, May 21, Jun 18  
1:00–4:00 pm

### Ice Cream Socials

Banana splits and sundaes are favorites.

**Los Volcanes, Social Hall**  
1st Wednesday, 11:00 am–1:00 pm  
75¢/serving  
**Barelas, Country Club**  
2nd Wednesday, 11:30 am–1:00 pm  
75¢/serving

### Pie Socials

Enjoy your favorite pies at these socials.

**Los Volcanes, Social Hall**  
3rd Friday, 11:00 am–1:00 pm  
75¢/slice  
**Barelas, Country Club**  
4th Friday, 11:30 am–1:00 pm  
75¢/slice

### Dessert Socials

Join us for cake or ice cream.

**North Valley, Social Hall**  
2nd Thursday, 11:30 am–12:30 pm  
**Highland**  
3rd Wednesday, 1:00–2:00 pm



## January

### Mix & Mingle

Start out the year getting to know your fellow senior members by joining us for a mix and mingle party. Refreshments and entertainment provided.

**North Valley, Social Hall**  
Thursday, January 17  
10:00–11:00 am

### Three Kings Day

Celebrate the end of the holiday season with sweet bread and hot cocoa.

**Los Volcanes, Lobby**  
Thursday, January 17, 9:30–11:00 am

### Chocolate and Flowers Dinner Dance

Celebrate early and bring your sweetheart, those who you love or maybe find one here. Enjoy an elegant evening dining and dancing.

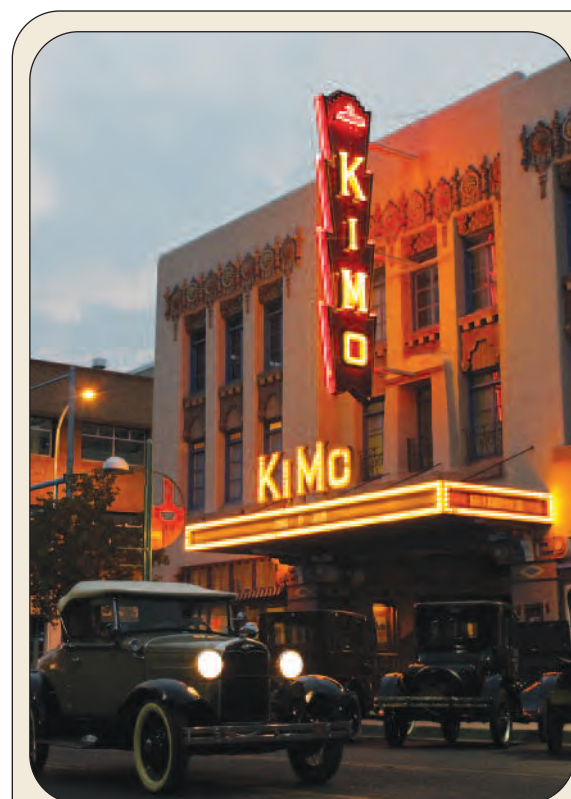
**Los Volcanes, Social Hall**  
Tuesday, January 22, 4:30–7:30 pm  
\$7.50 dinner and dance

### Hot Tea Month Tea Party

Celebrate National Hot Tea Month with a cup of hot tea and sweet treats. Wear your favorite hat and bring your favorite teacup. Entertainment.

**Los Volcanes, Lobby**  
Wednesday, January 23, 2:00–3:30 pm  
Reservation required.

Most luncheons require advance reservation.  
Call host center to reserve.



KiMo



### Community Cinema at the KiMo

Community Cinema is a groundbreaking public education and civic engagement initiative featuring monthly screenings of films for the Emmy Award-winning PBS series 'Independent Lens'. Every month between September and June, Community Cinema brings together leading organizations, community members and public television stations to learn, discuss and get involved in today's critical social issues.

All films are FREE admission.

Please visit [www.kimotickets.com](http://www.kimotickets.com) for film schedule.

### Defending the Caveman

Feb. 8, 9 & 10  
at the KiMo Theatre

A hilariously insightful play about the ways men and women relate, Caveman has both sexes roaring with laughter and recognition.

Defending the Caveman holds the record as the longest running solo play in Broadway history.

Tickets can be purchased at [www.kimotickets.com](http://www.kimotickets.com)





# Events, continued

## Super Bowl Jersey Potluck

Join other fans to enjoy a variety of eats. Make sure to wear your NFL team’s jersey. Sign up at the front desk to bring a snack/dish to share!

Los Volcanes, Social Hall  
Friday, January 25, 10:30 am–12:30 pm

## February

### Pre-Super Bowl Bash

Barelas joins New Orleans in celebrating the 2013 Super Bowl. We will have a trivia contest with prizes as well as finger foods, chicken wings, dips, sandwiches and more. Music by Sonny’s Boy band.

Barelas, Country Club  
Friday, February 1, 2:00 pm

### Super Bowl Potluck

Join Stacie as she hosts the 2013 Super Bowl party. Enjoy the game on our new 60” Television. Bring snacks and food to share, coffee and punch provided.

Highland, Lobby  
Sunday, February 3, 3:00 pm  
Sign up at the front desk.

### Groundhog Day Celebration

Who cares if there’s six more weeks of winter? Let’s pretend it’s summer and have strawberry shortcake.

Los Volcanes, Social Hall  
Monday, February 4,  
11:30 am–12:30 pm

### Mardi Gras “Fat Tuesday”

It’s time for Carnival! Enjoy great food with the best entertainment in town!

Barelas, Country Club  
Tuesday, February 12, 1:00 pm

### Mardi Gras Carnival Luncheon

We may not be in New Orleans but that does not mean we cannot celebrate Mardi Gras. Come enjoy tasty treats, masks, beads and costumes.

Palo Duro, Mesquite  
Tuesday, February 12, 11:30 am  
Regular Lunch Protocol

## Valentine’s Day Luncheon

Love is in the air so join us as we celebrate this sweet day with a wonderful meal and entertainment.

Highland, Social Hall  
Thursday, February 14  
Serving: 11:30 am–12:00 noon  
\$4, reservations required

### Be My Valentine

We will have a chocolate fountain with strawberries, melons, pretzels and marshmallows for dipping. Enjoy a great afternoon of sweets and socialize with friends.

Barelas, Country Club  
Tuesday, February 14, 1:00 pm

### Hugs & Kisses Luncheon and Dance

Celebrate the day of love.

N. Domingo Baca, Social Hall  
Wednesday, February 6,  
\$2.50 lunch: 11:30 am–12:30 pm,  
dance: 1:00–4:00 pm  
reservations required

### Sweethearts Day

The morning will include chocolate tasting, chocolate activities and more. After lunch you can dance the afternoon away.

Los Volcanes, Social Hall  
Thursday, February 14  
Chocolate Party, 11:00–12:00 noon  
Dance, 1:30–4:30 pm

### Love is in the Air

We would like to express our love to all our members. Please join us for dancing, food and more.

North Valley, Social Hall  
Thursday, February 14  
10:00–11:30 am

### A Lincoln Penny for Your Thoughts Luncheon

It’s a birthday celebration in honor of our 16th President, Abraham Lincoln. Entertainment provided.

Los Volcanes, Social Hall  
Thursday, February 21, 11:30–1:00 pm  
(Regular lunch protocol)

## The Blues Bash Luncheon

Listen to the sweet sultry sounds of the blues, while enjoying a meal worthy of New Orleans itself.

Palo Duro, Mesquite  
Thursday, February 21, 11:30 am  
\$4

### Pancake Breakfast

Join us for a fun pancake breakfast complete with toppings and fixings.

Los Volcanes, Social Hall  
Tuesday, February 26, 8:00–9:00 am  
\$2.50 (Regular menu items will also be available) Reservations: 836-8745

## March

### Baking Competition—Challenge to all Centers

Enter your favorite pie, cake cobbler, brownies, pudding or other dessert—ribbons for the winners and for the senior center the contestant is representing.

Los Volcanes, Social Hall  
Wednesday, March 6, 9:30–11:00 am  
\$2 for entries and fees  
Wednesday, February 27, 2013

### I’m Feelin’ Green

Leprechauns will be turned loose at the center with treats that will make you green with envy. Put your green on and come early so that you don’t miss out on all the fun and surprises.

Los Volcanes, Social Hall  
Friday, March 15, 11:30 am–1:00 pm  
(Lunch, regular protocol)

### A Blarney Blast

Join us for a green ole’ time treats. Perhaps you will be the lucky one to catch a leprechaun.

Palo Duro, Mesquite Hall  
Friday, March 15, 11:30 am  
(Lunch, regular protocol)

### Spring is Bursting Out

Trees are budding, birds are coming back to nest, spring is here and the earth is renewing itself. Come and celebrate with us for our Spring Fling Luncheon.

N. Domingo Baca, Social Hall  
Tuesday, March 20, 11:30–12:30 pm  
(lunch reservations required)  
1:00–4:00 pm (dance \$2.50)

Manzano Mesa, Social Hall  
Friday, March 22, 11:30 am  
Reserve by March 21

## Events on Historic Old Town Plaza



### 3rd Annual Amor y Mas in Old Town

This year Old Town’s Plaza Vieja will feature a Chocolate Fair for Sweethearts that love chocolate along with a multi faith affirmation of love and devotion.

Take advantage of “sweetheart deals” from many merchants and of the special Valentine’s Day dinner packages at participating restaurants. Galleries and shops will have extended hours, and the event will feature live entertainment throughout the afternoon and evening.

Brought to you by AABA (the Artscrawl people) and the City of Albuquerque Cultural Services Department.

Saturday, February 9,  
12:00 noon–6:00 pm

### Fiestas de Albuquerque, 307th Birthday Celebration

Entertainment featuring the five eras in Albuquerque’s history; the Native the American Era, the Spanish Era, the Mexican Era, the Territorial Era, the Statehood Era, along with an area full of children’s activities.

Saturday, April 20,  
12:00 noon–5:00 pm

### Outdoor Mass

The San Felipe de Neri parish will hold an outdoor mass in Plaza Vieja

Sunday, April 21, Time to be announced

### Plaza Vieja Fiestas Dance

Sunday, April 21,  
12:00 noon–5:00 pm

### Santa Cruz De Mayo Filipino Festival

Old Town Plaza  
Saturday, May 18, 4:00–9:00 pm



Most luncheons require advance reservation. Call host center to reserve.

## Events, continued

### Battle of the Guitarists

We will have the honor of presenting three Albuquerque's greatest guitarists: Roberto Mondragon, Chuy Martinez and Hector Pimentel. A must see event.

**Barelas, Country Club**  
**Wednesday, March 6, 1:00 pm**

### First Day of Spring Party

Celebrate the first day of spring with refreshments and music.

**North Valley, SH**  
**Wednesday, March 20, 10:30–11:30 am**

### Fabulous Flamenco Luncheon

Let us transport you to Spain while you sit back and enjoy the food, drinks, and of course Flamenco. ¡Olé!

**Palo Duro, Mesquite**  
**Thursday, March 21, 11:30 am–1:00 pm**  
\$4

### Caribbean Luncheon

Throw on your favorite island attire and we will celebrate like we are in the Caribbean islands. Enjoy a feast and entertainment with a tropical flair.

**Highland, Social Hall**  
**Thursday, March 21**  
Serving 11:30 am–12:00 noon  
\$4, reservations required

## April

### April Fools Day Show & Tell

Showcase your talents and creativity and enjoy food (cheese, crackers and fresh fruit) and entertainment. It's a day to be happy and joke around.

**Barelas, Country Club**  
**Monday, April 1, 1:00 pm**

### Earth Day Fun

Celebrate Earth Day with us in our green facility. Have lunch and watch the movie *Chimpanzee* and later that evening enjoy our smoothie and popcorn bar and watch *African Cats*. Each family receives a gift.

**N. Domingo Baca, Social Hall**  
**Monday, April 23, 11:30–1:00 pm**  
Reserve by 12:00 pm the day before  
11:45 am movie, *Chimpanzee*  
6:00–8:00 pm movie, *African Cats* with smoothie and popcorn bar



### Tax Day Fun Day

In honor of the tax season ending, we will enjoy some entertainment during lunch.

**Los Volcanes, Social Hall**  
**Monday, April 15, Lunch, 11:30–1:00**  
Reserve by 12:00 pm the day before

### El Baile de La Escoba Event

Remember when it was all about fun and laughter? El Baila de la Escoba consists of men and women participating and dancing. Each person has the opportunity to switch couples as they dance, and those that don't get a couple must dance with the Escoba! How fun is that!

**Barelas, Country Club**  
**Wednesday, April 17, 1:00 pm**

### Kentucky Derby Luncheon

Join us for our version of the mint julep, glamorous hats, and good times.

**Palo Duro, Social Hall**  
**Thursday, April 18, 11:30 am**  
\$4

### Garden Party Luncheon

Join us as we celebrate spring with a garden party atmosphere, complete with food and entertainment.

**Highland, Social Hall**  
**Thur, April 18, Lunch: 11:30–12:00 pm**  
\$4 reservations required

### April Showers Luncheon

Join us as we celebrate the incoming warm weather with a delicious meal and great entertainment.

**Manzano Mesa, Social Hall**  
**Friday, April 19, 11:30 am**  
Reserve by April 18

### Dessert Social

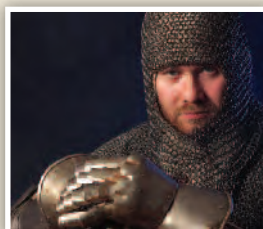
Dessert is always the favorite part of the meal. Join us in some fun. Free.

**Los Volcanes, Social Hall**  
**Wednesday, April 24, 12:30–1:30 pm**

### 14th Festival Internacional

Professional artists will present their music and dance in traditional costumes. See artwork and enjoy New Mexican food for lunch. All ages welcome, bring the whole family.

**North Valley, Social Hall**  
**Friday, April 19, 10:00 am–1:00 pm**  
Presented by: Senior Arts



Thinkstock

### Renaissance Faire

Join the City of Albuquerque and the Society for Creative Anachronism for the Albuquerque Renaissance Faire! Enjoy food, music, demonstrations, arts, and activities recreated from the Middle Ages and Renaissance eras.

**Anderson-Abruzzo Albuquerque International Balloon Museum**  
**Saturday, April 27**  
9:00 am–5:00 pm  
Admission fee to be announced.  
Visit cabq.gov or call 311 for details



### Los Volcanes Dinner Dance

Spend an elegant evening dining and dancing to wonderful entertainment.

**Los Volcanes, Social Hall**  
**Tuesday, April 30, 4:30–7:30 pm**  
\$7.50



## May

### Cinco de Mayo Luncheon

Commemorating the Mexican army's 1862 victory over France at the Battle of Puebla, Cinco de Mayo has evolved into a celebration of Mexican culture. Celebrate with us with Mexican food, mariachi music and snacks.

**Los Volcanes, Social Hall**  
**Thursday, May 2**  
**Lunch: 11:30–1:00 pm**  
Reserve by 12:00 pm the day before  
Dance: 1:30–4:30 pm

## May is STOP Senior Hunger Month!



See page 33 for information

### Fiestas de Mayo

Aguas frescas, tacos, tostadas and hamburgers served. Lots of entertainment.

**Barelas, Country Club**  
**Friday, May 3, 1:00 pm**

### Mother's Day Celebration

Help us thank all those women who we wouldn't be here without. Celebrate those memories of moms still here and moms that are greatly missed.

**N. Domingo Baca, Social Hall**  
**Thursday, May 9, 5:00–8:00 pm**  
\$7.50 dinner and dance



### Mother's Day Luncheon

A day designed to bring out the girls and boys in all of us as we give tribute to our moms. Where would we be without them?

**Los Volcanes, Social Hall**  
**Friday, May 10, 11:30–1:00 pm**

### A Rose to Mom

A welcome to all of the wonderful moms. We will be handing out a rose to every mom that visits Barelas on this day.

**Barelas, Country Club**  
**Friday, May 10, 9:00 am**

### Happy Mother's Day Dance

Moms receive your special gift. A tasty snack will be served in your honor.

**North Valley, Social Hall**  
**Sunday, May 12, 1:30–4:30 pm**

### Homemade Pizza Party

Jose Olivas, cook at Barelas (recognized by the Mayor as Employee of the Week) will be baking homemade pizzas—might we say the best in Town! Join us for great entertainment and delicious pizza.

**Barelas, Country Club**  
**Wednesday, May 15, 1:00 pm**



## Events, continued



### Murder Mystery Luncheon

Join us for a murder mystery luncheon, after dining you will be treated to a production of great detective proportions.

**Palo Duro, Mesquite**  
**Thursday, May 16, 11:30 am**  
 \$4

### Fiesta in May

Celebrate with a New Mexico style party and traditional entertainment.

**Highland, Social Hall**  
**Thursday, May 16**  
 \$4, reservations required  
 serving 11:30–12:00 noon

### May Flowers Luncheon

Enjoy a delicious meal and great entertainment on this wonderful afternoon.

**Manzano Mesa, Social Hall**  
**Friday, May 17, 11:30 am**  
 reserve by May 16

### Ma and Pa's Jamboree

Bring your family and celebrate our Moms and Dads and enjoy a rootin' tootin' good time and some homestyle cooking.

**Los Volcanes, Social Hall**  
**Wednesday, May 23, 11:30 am–1:00 pm**

### 3rd Annual Car Show

Come one come all; classics, roadsters, bikes, low-riders are welcome. Entertainment and food.

**North Valley, Parking Lot**  
**Friday, May 24, 9:30 am–12:00 noon**  
 Entry deadline, Tuesday April 30

### Los Volcanes Day!

Celebrate 23 years of service to our seniors at this day full of fun with, an art show, flea market, entertainment and a dance. It is all about our seniors. Everyone is invited!

**Los Volcanes**  
**Friday, May 31, 8:00 am–4:00 pm**  
 Information call 836-8745

## June

### A Chocolate Tasting Event

Enter a world of chocolate delicacies. Taste white chocolate, dark chocolate and milk chocolate. We will also have a fondue to dip strawberries, apples, marshmallows, and melon. Yum!

**Los Volcanes, Social Hall**  
**Thursday, June 4, 1:00–2:30 pm**

### BBQ and Chili Cook Off

Wear your cowboy/cowgirl attire and kick up your boots for our Wild, Wild West event. We will begin with a Chili Cook Off, followed by a roping demonstration, music, and last but not least, a barbecue in the patio.

**North Valley, Social Hall/Patio**  
**Thursday, June 6, 9:30 am–12:30 pm**  
 Entry deadline: Friday, May 24

### Dancing Under the Starz Senior Prom



Dance the night away and have a delicious dinner. Come dressed to impress.

**North Doming Baca, Social Hall**  
**Friday, June 14, 5:00–8:00 pm**  
 \$7.50 dinner and dance

### Is it Papa's Day?

Yes, it is and we will be giving away gifts to all the Dads that visit us.

**Barelas, Lobby**  
**Friday, June 14, 1:00 pm**

### Father's Day Dance



Fathers join us at the Sunday dance to receive your special gift and tasty snacks.

**North Valley, Social Hall**  
**Sunday, June 16, 1:30–4:30 pm**

### Barelas 1st Annual BBQ

We will make this an annual event. Enjoy grilled hamburgers, hotdogs, potato salad, watermelon and root beer floats.

**Barelas, Country Club**  
**Friday, June 21, 1:00 pm**  
 \$1.50 per person



## Los Volcanes Beach Week "Fun in the Sun" June 3-7

Build and rekindle friendships. Visit old memories and create new ones.

### Ocean Memories & Beach Music

Members will sing along, dance and reminisce about summer days at the beach.

**Los Volcanes, Lobby**  
**Monday, June 3, 9:30 am**

### Tie-dye T-Shirts

Make your own Tie-dye T-shirts with vibrant colors while sipping on frozen fruity drinks.

**Los Volcanes, Room 10**  
**Monday, June 3, 1:30 pm**

### Manicures and Creating Sun-visors Fun

Members can have manicures done while under the umbrella. Then create sun visors with nautical pieces.

**Los Volcanes, Lobby**  
**Tuesday, June 4, 9:00 am**

### Outdoor Barbecue Afternoon Picnic & Potluck

We will bring hamburgers and hotdogs. You bring your favorite dish. Have fun in our Ice Cream Shop with waffle cones and vanilla ice cream and toppings.

**Los Volcanes, Outdoors, Friday,**  
**June 7, 1:30 am–3:00 pm**

### Summer Solstice Luncheon

Celebrate the first day of summer and the longest day of the year with lunch and entertainment.

**Manzano Mesa, Social Hall**  
**Friday, June 21, 11:30 am**  
 Reserve by June 20

### Red, White & Blue Luncheon

Let's celebrate our patriotic spirit with this summer luncheon.

**Highland, Social Hall**  
**Thursday, June 27**  
 \$4, reservations required  
 Serving 11:30–12:00 noon

### Snow Cone Fun

As it heats up members will enjoy fruit punch, cherry, grape, blueberry and/or all snow-cone with us.

**Los Volcanes, Lobby**  
**Tuesday, June 4, 10:30 am**

### Virgin Tropical Cocktails & Playing in the Sand Fun

Enjoy sand castle fun, as each member has their own beach supplies. Make your own flower lei necklace and sun bath with virgin tropical cocktails.

**Los Volcanes, Lobby**  
**Wednesday, June 5, 1:00 pm**

### Watergun Bulls-Eye

Members can go to the patio for water gun fun as they shoot targets with water.

**Los Volcanes, Patio**  
**Thursday, June 6, 1:30 pm**

### Sun Summer Beach Dance

After lunch let loose at the dance. Wear tie-dyed t-shirts, shorts, flip flops, sun visors and lei necklaces and relax to oldies beach music. Fresh fruit.

**Los Volcanes, Social Hall**  
**Thursday, June 6, 1:30 pm**

### Surf's Up Bingo

Get ready for Surf's Up Bingo.

**Los Volcanes, Social Hall**  
**Friday, June 7, 1:30 pm**

## July

### 3rd Annual Red, White, and Blue Celebration

Celebrate independence at this multi-generational annual event. Enjoy lunch and our red, white, and blue parade.

**Manzano Mesa, Social Hall**  
**Tuesday, July 2, 11:30 am**  
 Reserve by July 1

### Battle of the Bands

We want to know which band is the best in Albuquerque!! We invite all the bands that play at the centers to come in for the battle. Performances will be judged. Dancing and refreshments.

**North Valley, Social Hall**  
**Thursday, June 27,**  
 9:30 am–12:30 pm  
 Bands must register by Friday, June 1

**Like dancing to live music? See page 39 for more dances.**

# Classes

## Art and Craft Classes

### Art and Craft Classes

#### Arts and Crafts

For beginners who want to learn and for the experienced who want to share. Crafts include: embroidery, crochet, counted cross-stitch, knitting, needlecraft and more. Bring your ideas, and patterns to share.

**North Valley, Room 3**  
**Wednesday, 9:00 am–1:00 pm**

#### Get It Done!

Chat while you “get done” those projects in this modern day quilting bee.

**Palo Duro, Juniper**  
**Friday, 1:00–3:00 pm**

### Basket Weaving

#### Beginning Basket Weaving

Learn to weave your own basket. Once you have mastered the art of weaving you are free to choose your favorite basket including market, oval, potato, or wall baskets. Class size is limited and students are accepted on a rotation basis.

**Los Volcanes, Room 4**  
**Thursday, 10:00 am–12:00 pm**  
 1st Basket \$25, plus weaving supplies (apx. \$15)  
 Jones

#### Wacky Wicker Weavers

Learn to weave your own basket. Once you have mastered the art of weaving you are free to choose your favorite basket including market, oval, potato, or wall baskets. Class size is limited and students are accepted on a rotation basis.

**Los Volcanes, Room 4**  
**Thursday, 9:00–11:00 am**  
 Jones

#### Handcrafted Basket Making

Learn to create the most beautiful baskets. Make them for gifts or just to keep.

**Barelas, Santa Fe**  
**Tuesday, 10:00–11:00 am**  
 TBD, Donetta



### Beading and Jewelry

#### Beading/Jewelry Class

Learn to make beautiful patterns for lovely jewelry and gifts.

**Manzano Mesa, Room 3**  
**Wednesday, 8:00–11:00 am**  
 \$15, M. Jacobson

#### Beading/Jewelry Group

Make your own beautiful art in jewelry.

**Manzano Mesa, Room 4**  
**Monday, 8:00–11:30 am**  
 \$15, Pat Suhr

#### Bead Society of NM— “It’s all about the Sparkle!”

Two fun-filled days of beading projects, demos, classes and bead shopping. Friday is a 3-hour evening of art with a special guided project. Saturday is 5 hours of learning, shopping and fun. Price includes hors d’oeuvres, deserts and beverages on Friday and continental breakfast, lunch and beverages on Saturday.

**N. Domingo Baca, Social Hall**  
 Call for dates and price

### Ceramics

#### Ceramics

Learn about ceramics, starting with care and use of molds, pouring, preparation for firing, glazing, overglazing and/or staining, decorating, decals, etc. Materials not included.

**Barelas, Santa Fe**  
**Monday and Wednesday**  
 9:00 am–12:00 noon

**Los Volcanes, Room 4**  
**Friday, 8:00 am–11:30 pm, Baca**  
**Thursday, 1:00 pm–4:00 pm**

**North Valley, Room 4**  
**Tuesday, Wednesday, 12:00–5:00 pm**

**Palo Duro, Piñon**  
**Monday, Thursday, 8:00–12:00 noon**

#### Tile Class

Create art works on tile. All levels welcome. See instructor about materials.

**Manzano Mesa, Room 3**  
**Monday, 9:00 am–12:00 noon**  
**Tuesday, 9:00 am–1:00 pm**  
**Friday, 9:00 am–1:00 pm**  
 Lawanda Strong and Daphne

Call the host center to reserve.

## Jewelry with Ann Reilly

For necklace, earring and bracelet classes bring needle nose and flat nose jewelry pliers if you have them. Materials supplied. Many bead and color choices will be available.

#### Necklace or Bracelet and Earrings

Make either a necklace and earrings or 2 bracelets and earrings using a basic stringing technique. \$30/2 class session

**Palo Duro, Cottonwood**  
**Thursday, May 9, 16, 1:30–4:30 pm**  
**North Valley, Room 3**  
**Tuesday, Jan 15, 22, 1:00–4:30 pm**  
**Tuesday, Apr 9, 16, 1:00–4:30 pm**



#### Earrings

Learn 2 techniques to give you unlimited options for short, medium or long earrings for either pierced or clip style. You will make two or three pairs. \$15/class

**Palo Duro, Cottonwood**  
**Thursday, Feb 21, 1:30–4:30 pm**  
**Thursday, May 23, 1:30–4:30 pm**

**North Valley, Room 3**  
**Tuesday, March 12, 1:00–4:30 pm**  
**Tuesday, April 23, 1:00–4:30 pm**

#### Bracelet

Learn a basic stringing technique for making a variety of bracelet styles. \$15/class

**Palo Duro, Cottonwood**  
**Thursday, April 11, 1:30–4:30 pm**

**North Valley, Room 3**  
**Tuesday, March 19, 1:00–4:30 pm**  
**Tuesday, June 11, 1:00–4:30 pm**

#### Necklace

Learn a basic stringing technique for making a variety of necklace styles. Materials supplied. \$20/class

**Palo Duro, Cottonwood**  
**Thursday, Feb 14, 1:30–4:30 pm**  
**Thursday, April 18, 1:30–4:30 pm**

**North Valley, Room 3**  
**Tuesday, June 18, 1:00–4:30 pm**

#### Bead and Fabric Embroidery

Learn how to attach beads to fabric. We will make a bracelet in class or you may want to try an alternative project. All fabric, beads, needles, thread, and fastener will be supplied. Bring scissors for paper and good, small fabric scissors. \$25/class

**Palo Duro, Cottonwood**  
**Thursday, Jan 10, 17, 1:30–4:30 pm**

Most classes require reservations and payment to the instructor at the first class.



Arts and Crafts Classes, continued

Calligraphy

Escribiente Society of Calligraphers

This group promotes, encourages and educates in calligraphy and related arts, and gives time to make calligraphy names for elementary school library fundraisers.

Manzano Mesa, Room 5  
1st Wednesday, 6:00–9:00 pm  
Ronald Peterson



Crocheting, Knitting, Weaving

Happy Hookers Crochet Club

This all ages, all levels, informal group works on individual projects and a group project: making lap rugs for disabled vets.

Manzano Mesa, Lobby  
Monday, 1:00–3:00 pm, Schmidt

Crocheting

Join our fun-loving group for socializing and learning new techniques.

Barelas, Coal and Lead  
Friday, 9:30 am–11:30 am  
Los Volcanes, Room 10  
Monday, 1:00–4:00 pm, McNabb  
Los Volcanes, Room 2  
Wednesday, 9:00 am–12:00, DeVan

Knitting and Crocheting

All levels welcome. Learn techniques for creating sweaters, Afghans, baby blankets, etc. Many of the blankets are donated to Project Linus.

North Valley, Room 3  
Wednesday, 9:00 am–1:00 pm  
Manzano Mesa, Room 3  
Friday, 1:00–3:00 pm, Enghahl  
Los Volcanes, Room 2  
Tuesday, 10:00–11:15 am  
Material cost applied, Nancy  
Palo Duro, Cottonwood  
Wednesday, 12:00–3:00 pm  
O'Neil, Jackson



DSA

Weaving

Beginners to advanced are welcome. Learn how to weave your very own rug or other small projects.

Barelas, Lead and Coal  
Wednesday, 1:00–3:00 pm  
\$5/2 classes, materials included, Gwen

Plastic Canvas

Plastic canvas is a foundation for needle-point or other canvas work embroidery. Its rigidity makes it useful for creating 3-dimensional objects such as tissue box covers, small jewelry boxes, handbags, and other decorative objects.

Los Volcanes, Room 4  
Wednesday, February 6, 3:00–5:00 pm  
Fees determined on 1st day of class  
Grace Colecser

Doll Making

Porcelain Doll Making

Learn this art while making a doll.  
Los Volcanes, Room 4  
Wednesday, 1:00–3:00 pm  
Maness, materials not included, waiting list

Drawing

Beginning Drawing

Instruction for people who have always wanted to learn to draw. Bring drawing supplies if you have them. Supply list provided at first class.

Palo Duro, Juniper  
Monday, 8:30–10:30 am  
Session I: Jan 14–Feb 18  
Session II: Mar 11–Apr 15  
Session III: Apr 22–Jun 3  
\$78/session, Goetz

Advanced Beginner/Intermediate

This is a class for those who have done some drawing and want to continue to develop their drawing skills.

Palo Duro, Pinon  
Friday, 1:00–3:00  
Session I: Jan 18–Feb 22  
Session II: Mar 15–Apr 19  
Session III: Apr 26–Jun 7  
\$78/session, Goetz

Sketching Class

Enlighten your imagination and explore the magic of sketching and caricatures. All levels.

Los Volcanes, Room 10  
Thursday, 9:00–11:00 am  
Jeanette Dominguez  
Barelas, Lead  
Tuesday, 9:00–11:00 am  
\$1/class/person, Jeanette Dominguez

Painting with Acrylics

Paint shape and form without drawing. Emphasis on color, space and composition, value and texture, contrast and balance. Learn the principles of design, the medium and techniques, the mood and meaning and the elements of art.

Highland, Room 2  
Friday, Jan 25, Feb 1, 8, 15, 22, Mar 1, 8, 1:00–4:00 pm  
Polly Jackson



Painting with Acrylics

Learn methods to use with these colorful paints. Great for landscapes, still life or use your own theme.

North Valley, Room 3  
Thursday, 10:00–11:30 am  
\$20/month, Marilyn Brown

Soft Chalk Pastel Painting

Expand your creativity! Learn skills that will be with you for a lifetime. Class covers color theory and technique.

Highland, Room 2  
Wed, February 13, 20, 27, March 6  
4:30–6:30 pm  
\$45, Elaine Cimino  
North Valley, Room 4  
Tue, January 15–29, 4:30–6:30 pm  
\$45, 3-week course, Elaine Cimino



Mixed Media Lessons

Lessons will include: chalk and oil pastels, watercolor and acrylics mediums and gels. No experience necessary! We will cover watercolor and pastel, wax-resist techniques and gel transfers as well as other tips to help you create your masterpiece. Each week there is something new. See materials list.



North Valley, Room 4  
Tuesday, February 19–March 26  
4:30–6:30 pm  
\$85, 6-week course, Elaine Cimino

Watercolor with Pastel Painting



Discover new applications to painting with watercolor and pastel media. You will learn to apply, how to create textures and make visually pleasing and interesting artwork. No experience necessary.

Highland, Room 2  
Wednesday, April 3, 10, 17, 24,  
4:30–6:30 pm  
\$60, 4-week course, Elaine Cimino  
North Valley, Room 4  
Tuesday, April 9–April 30,  
4:30–6:30 pm  
\$60, 4-week course, Elaine Cimino

Watercolor Resist

This class picks up from the mixed media lessons and explores in depth resist techniques using watercolor, acrylics and chalk and oil pastels.



Highland, Room 2  
Saturday, May 4, 11, 18, 25  
10:00–12:00 noon  
\$60, Elaine Cimino  
North Valley, Room 4  
Tuesday, May 7–28, 4:30–6:30 pm  
\$60, 4-week class, Elaine Cimino



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## Arts and Crafts Classes (continued)

### Folk Arts

#### Origami

In this traditional Japanese art of paper folding, transform a flat sheet of paper into a sculpture through folding and sculpting techniques with no cutting or gluing.

**Barelas, Stover**  
**Thur, Fri, February 7, 14, 8, 15**  
 10:00–11:00 am  
 Kyoko, Asian Family Center

#### Kirie (Mosaic Paper Art)

Japanese art of paper cutting.

**Barelas, Stover**  
**Thur, Mar 7, 14, Fri, Mar 8, 15,**  
 10:00–11:00 am  
 \$5/person, Asian Family Center

#### Flowering Bonsai

Learn to train a flowering shrub into a beautiful Bonsai (small tree). Bring to class: 1-gallon perennial flowering shrub, a pair of scissors and a pair of chopsticks.

**Palo Duro, Piñon**  
**Thur, April 18–June 6, 1:00–3:00 pm**  
 \$20, Ng

#### Retablos/Hispanic Folk Art

Learn the art of making retablos.

**Barelas, Stover**  
**Tuesday, 9:00–11:00 am**  
 George Salazar  
**North Valley, Room 3**  
**Wednesday, 1:00–4:00 pm**  
 Anita Andrade

#### Swedish Weaving

Swedish Weaving is an art of weaving yarns through a counted cloth, called Monk's Cloth.

**Los Volcanes, Room 2**  
**Tuesday, 11:30 am–2:30 pm**  
 J. Brunyansky, L. Lamphier, R. Hinkle

### Glass

#### Fused Glass

Learn the art of fusing glass in a kiln by stacking layers of glass together.

**Manzano Mesa, Room 3**  
**2nd Monday, 9:00 am–12:00 pm**  
 \$15 materials, Nellie Lang

#### Stained Glass

Learn how to cut, grind and copper foil glass, assemble, solder and complete projects. Materials not included.

**Los Volcanes, Room 4**  
**Friday, 1:00–3:00 pm**  
 \$10 first class, \$10/every 3 months.  
 Marie Silence

**Barelas, Lead/Coal**  
**Tuesday, 1:00–3:00 pm**  
 \$10 first class, \$10/ every 3 months,  
 Marie Silence

**Palo Duro, Cottonwood**  
**Friday, 9:30–11:30 am**  
 Clum

#### Stained Glass

Learn the beautiful craft of stained glass with an experienced artist and educator. Sessions include a short review of the history of stained glass, basic glass cutting skills, glass grinding, the copper foil technique and how to assemble and solder a stained glass sun catcher.

**North Valley, Room 3**  
**Fri, Feb 15, 22, Mar 1, 9:30–11:30 am**  
 \$15/session, Marian Berg

### Gourds

#### Gourd Art

Try out various methods for coloring and finishing gourds. Bring a hair dryer and wear appropriate clothing for using dyes, inks and paint.

**North Valley, Room 3**  
**Tuesday, Feb 12, 19, 1:00–4:30 pm**  
**Tuesday, May 14, 21, 1:00–4:30 pm**

**Palo Duro, Cottonwood**  
**Thursday, Mar 14, 21, 1:30–4:30 pm**  
**Thursday, Jun 13, 20, 1:30–4:30 pm**  
 \$30 gourds and materials, Reilly

### Lapidary

#### Introduction to Lapidary

Learn how to use equipment safely, how to cut a rock, mark, trim shape and polish a slab to create a cabochon suitable for making jewelry. Small weekly fees for material, maintenance and supplies will be collected. Please sign up at front desk.

**Palo Duro, Juniper**  
**Session I: Begins Tuesday, Jan 8,**  
 8:30 am–12:00 pm  
**Session II: Begins Thursday, Apr 4,**  
 8:30 am–12:00 pm

#### Lapidary Open Lab

Work in the open lab when the above classes are not in session. Form and finish stone, minerals, gemstones, and other materials into functional and decorative items. Materials not provided.

**Palo Duro, Juniper**  
**Tues, Thur, 8:30 am–12:00 pm**

### Leather

#### Leather Craft

Learn the art of hand-tooled leather crafting. Students must buy leather.

**Palo Duro, Aspen**  
**Tuesday, 12:00 am–2:00 pm**  
 Love, Scott, some tools provided

### Metals

#### Silversmithing Beginning I

Learn to cut, stamp, hammer, solder and finish silver with basic techniques and practical information.

**Palo Duro, Juniper**  
**Wednesday, Feb 27–Apr 10, 4:30–6:30 pm**  
**Session I: Jan 19–Feb 9**  
**Session II: June 8–29**  
**Saturday, 9:30 am–12:30 pm**  
 \$35 materials, Ott

#### Silversmithing II

Expand on the skills learned in Silversmith I and focus on bezel construction, soldering, and stone setting. Cabochons are available to buy or bring 2–3 of your own.

**Palo Duro, Juniper**  
**Wednesday, 4:30–6:30**  
**Session I: Jan 9–Feb 13**  
**Session II: Apr 17–May 22**  
**Sat, Mar 2–30, 9:30 am–12:30 pm**  
 \$35 materials, Prerequisite: Silversmith I

#### Silversmithing III

Learn more complex bezel construction and stone setting with an emphasis on gallery wire and bezels. Cabochons available to buy or bring 2–3 of your own.

**Palo Duro, Juniper**  
**Wed, June 5–July 10,**  
 4:30–6:30 pm  
**Sat, Apr 20–May 11, 9:30 am–12:30 pm**  
 \$40, materials

#### Metal Casting

Learn basic skills and methods.

**Palo Duro, Juniper**  
**Thursday, 1:00–5:00 pm, Ellis**

#### Metal Silversmith and Jewelry Making Open Lab

For students with a basic knowledge of jewelry making to use equipment.

**Palo Duro, Juniper**  
**Wednesday, 10:30–4:00 pm**

### Painting

#### Artist's Corner

Meets to paint in any medium and offer gentle critique and constructive criticism.

**Manzano Mesa, Room 3**  
**Thursday, 1:00–4:00 pm**  
 Bring your own materials, Kennedy

#### Painting Workshop

Instruction is given on perspective, composition, form, color mixing and blending. Ongoing classes are open to all levels. No registration required. Bring materials.

**Los Volcanes, Room 4**  
**Monday, 9:00–11:30 am**  
 Peter Walker

**North Valley, Room 4**  
**Friday, 9:00 am–12:00 noon**

**Barelas, Coal**  
**Wednesday, 9:00 am–12:00 noon**

#### Watercolor: Drawing and Painting

Peter Walker provides tutelage in this all levels “open studio” class. Participants must have basic materials and equipment and can join in at any time.

**Los Volcanes, Room 4**  
**Tuesday, 9:00–11:30 am**

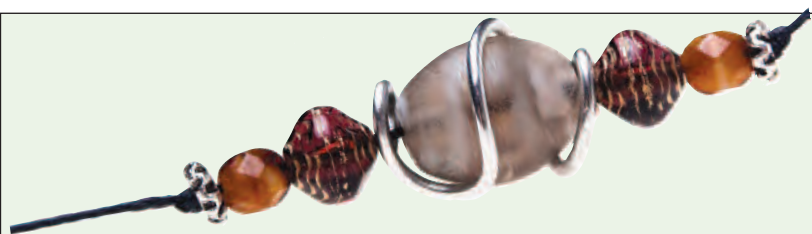
#### Watercolor: Level I, II/III

Study the works of great artists as you receive individual instruction in technique, composition, color, and drawing. Find your own artistic vision. Bring watercolor supplies if you have them.

**WATERCOLOR LEVEL 1:**  
**Palo Duro, Juniper**  
**Wednesday, 8:30–10:30 am**  
**Session I: Mar 13–Apr 17**  
**Session II: Apr 24–Jun 5**  
 \$78/session, Goetz

**WATERCOLOR LEVEL II/III:**  
**Palo Duro, Juniper**  
**Friday, 9:00–11:00 am**  
**Session I: Mar 15–Apr 19**  
**Session II: Apr 26–Jun 7**  
 \$78/session, Goetz





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## Planet Art with Debbie Kmak

Classes are \$35, includes material fee

### Angel Earrings

Keep your angels near and let them whisper in your ear. Two different angels are taught—one with a bowed head with halo and hoop skirt and a simpler design suitable for your smaller angel. Attach it to an earwire or post that you make.

**Los Volcanes, Room 10**  
**Mon, Feb 11, 10:00–12:30**

**North Valley, Room 4**  
**Thur, May 9, 10:00–12:30 pm**

### Beginning Wire Wrap

Students will learn the basics of turning a strand of wire into a ring. Learn about how to use the tools, types of wire and how to measure and cut. You will also learn loops, swirls, twists, coils and, the secret to a perfect wrap.

**North Valley, Room 4**  
**Thur, Feb 14, 10:00 am–12:30 pm**

**Manzano Mesa, Room 4**   
**Thur, Feb 21, 6:00–8:30 pm**

### Findings and Clasps

Never buy another earwire again! Learn to make a number of earwire styles and an easy post earring to hang your favorite beads from, and to make simple clasps and how to embellish them to match your necklace or bracelets.

**North Valley, Room 4**  
**Sun, Feb 24, 2:00–4:30 pm**  
**Thur, April 25, 10:00 am–12:30 pm**

**Manzano Mesa, Room 4**   
**Thur, May 16, 6:00–8:30 pm**

### Wire Wrapped Pendant

Turn your favorite stone into a pendant with a wire frame. Learn to measure the stone, create the setting, secure the framework of your bezel and make a multi wire bail to hang on your favorite chain.

**North Valley, Room 4**  
**Thur, Feb 28, 10:00 am–12:30 pm**

**Manzano Mesa, Room 4**   
**Thur, March 21, 6:00–8:30 pm**

### Beaded Spiral Post Earrings


You will learn how to take one wire and coil it into a post-style earring that you will glam up with coils and beads.

**Los Volcanes, Room 10**  
**Mon, Mar 11, 10:00 am–12:30 pm**

### Viking Knit Bracelet


This ancient weave makes a striking chain for your favorite pendant or you can just wear it alone. Learn the “stitch” and the finish it with a simple clasp. Weave small beads in to enhance the project.

**North Valley, Room 4**  
**Thur, Mar 14, 10:00 am–12:30 pm**

**Manzano Mesa, Room 4**   
**Thur, Apr 18, 6:00–8:30 pm**

### Braided Wire Cuff

This attractive wire cuff is made of 18-strands of wire woven delicately over and around each other. Learn the many styles and looks you can achieve when you weave one, two or three wires at a time.

**North Valley, Room 4**   
**Sun, Mar 24**  
**2:00–4:30 pm**  
**Thur, May 23, 10:00 am–12:30 pm**

### Rings, Rings, & More Rings


You will learn how to make at least 3 different styles of rings. Classic glass pearl style to a freeform beaded ring you put your own spin.

**Los Volcanes, Room 10**  
**Mon, Mar 25, 10:00 am–12:30 pm**

### Basic Bangle Bracelet with Hook/Eye Closure

Learn how to measure and cut your wire for a perfect fit and how to secure wraps while keeping beads centered and in place, and how to make a perfect hook and eye closure. This bracelet can also be made without beads.

**North Valley, Room 4**  
**Thur, Mar 28, 10:00 am–12:30 pm**

**Manzano Mesa, Room 4**   
**Thur, Jun 20, 6:00–8:30 pm**

### Infinity Earrings

These earrings are fashioned in the mathematical symbol of infinity and once you add the faceted beads you will be in style forever. You will also learn to make the ear wire it dangles from.

**Los Volcanes, Room 10**  
**Mon, Apr 8, 10:00 am–12:30 pm**

### Egyptian Coil Bracelet

Learn one of the oldest and most beautiful of the wire techniques. Learn to make uniform coils and link them together and how to make a simple wire clasp

**North Valley, Room 4**  
**Thur, Apr 11, 10:00 am–12:30 pm**


### Herringbone Link Drop Earrings

Learn this cool and contemporary wrap that you can use to make bracelet links, pendant drops and even a ring. You will go home with earrings attached to the ear wires you make in class.

**Los Volcanes, Room 10**  
**Monday, Apr 22, 10:00 am–12:30 pm**

### Contemporary Egyptian Fan Earrings or Jackets

These little curled fans will help beat the heat of the desert. Wear them as a drop or a jacket for your favorite posts.

**North Valley, Room 4**   
**Sun, Apr 28, 2:00–4:30 pm**

### Hoop Earrings

You can never have enough hoops! Make them plain, beaded, large or small. This technique uses one main wire to create the hoop and the wire post. Learn a couple different styles.

**Los Volcanes, Room 10**  
**Mon, May 6, 10:00 am–12:30 pm**



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### Friendship Beads Bangle

After choosing your beads you will learn to wrap them just like you would give your friend a hug. You will learn to measure the wire to fit your wrist and make the hook and eye clasp.

**Los Volcanes, Room 10**  
**Mon, May 20, 10:00 am–12:30 pm**

### Jupiter Bracelet

Actually it's more like Saturn as you learn to wrap rings around your favorite orb to make links in this celestial bracelet. Also make matching earrings as well as the ear wires and clasp.

**Los Volcanes, Room 10**  
**Mon, Jun 3, 10:00–12:30 pm**

### Freeform Wire and Beaded Bracelet

Let your imagination go as you loop, swirl, square and/or coil your way around your wrist. After your bracelet frame is complete you will “tie” beads on for a unique and contemporary look.

**North Valley, Room 4**  
**Thur, Jun 6, 10:00 am–12:30 pm**

### Wire Hoop Earrings

Turn a strand of wire into a classic post hoop earring. Make them big or make them small—with or without beads to create a special look.


**Los Volcanes, Room 10**  
**Mon, May 6, 10:00 am–12:30 pm**

**North Valley, Room 1 & 2**  
**Thur, June 20, 10:00 am–12:30 pm**

### Tree of Life Pendant or Pin

With its branches reaching into the sky, and roots deep in the earth, it dwells in different worlds—a link between heaven and earth. Twist and wrap many branches with colorful beads.

**Los Volcanes, Room 10**  
**Mon, Feb 25, 10:00 am–12:30 pm**

**North Valley, Room 4**  
**Sunday, June 23**   
**2:00–4:30 pm**

**Class sizes are limited.**  
**Most classes require reservations.**

# Arts and Crafts Classes, continued

## Watercolor: Adult

This all levels class covers: Landscape, spring flowers, still life, painting from photos and sketches and one class on location.

**Manzano Mesa, Room 3**  
**April 27–June 1st, 12:00–3:00 pm**  
\$60 plus supplies, Sandy Culler, 710–4143

## Adult Watercolor

Learn about composition, color, art history, challenges and inspiration. Receive *Art Weekly* email newsletter and participate in weekly critiques and lively discussions.

**Los Volcanes, Room 4**  
**Monday, 1:00–3:00 pm**  
Arthur Wright

**N. Domingo Baca**  
**Tuesday, 9:30–11:30 am**  
Arthur Wright

## Palo Duro Palettes

We work in all mediums and share our knowledge and enthusiasm. Sample a variety of methods, ideas and techniques

**Palo Duro, Piñon**  
**Wednesday, 1:00–3:00 pm**  
Lamkin

## Artist Series: Watercolor

Professional artist Ralph Lewis leads class discussion of assigned projects.

**Highland, Room 1**  
**Monday, 9:00–11:30 am**  
Ralph Lewis

## Visiting Artists Series

A well-known volunteer artist will guide this all levels group in a stimulating and inspiring workshop/studio activity.

**Palo Duro, Cottonwood**  
**Tuesday, 1:00–3:00 pm**  
Haag

## Pencils and Pastels

### Brilliance of Soft Pastels

Beginners focus on technique, composition and materials. Intermediate students focus on interpreting value and color, enhancing skills and new challenges. Demos given along with individual help. Some materials may be purchased from instructor.

**Manzano Mesa, Room 3**  
**Monday, 1:30–4:00 pm**  
\$105/7-week session, Sharon Jensen

## Fun with Colored Pencils

Explore the magic of colored pencils to create a picture of your desire in this 8-week class. Materials: small Bristol paper, vellum, 300 series soft lead colored pencils (prismacolor) and cotton balls.

**Palo Duro, Piñon**  
**Thur, Feb 7–April 4, 1:00–3:00 pm**  
\$20, Ng

## Pottery

### Pottery Lab

For advanced and intermediate pottery students only.

**Palo Duro, Piñon**  
**Wednesday, 8:00–11:30 am**  
Self-directed

### Pottery: Introduction

Make pinch pots, work with coils and slabs, use the wheel, and sculpture fundamentals. Experienced students welcome.

**Barelas, Santa Fe**  
**Tuesday, 1:00–4:00 pm**  
**Thursday, 9:00 am–12:00 noon**  
Marilu Tejero, Materials fee

## Pottery

This beginning–advanced class is for all levels. Learn the latest techniques. Materials fee.

**Los Volcanes, Room 4**  
**Wednesday, 9:00 am–12:00 noon**  
Christine Evans

**Manzano Mesa, Room 3**  
**Thursday, 9:00 am–1:00 pm**  
Lea Jones

**North Valley, Room 4**  
**Monday, 9:00 am–12:00 noon**  
Christine Evans  
This class is for all levels

**Highland, Room 2**  
**Monday, 1:00–4:00 pm**  
Christine Evans

**Palo Duro, Piñon**  
**Friday, 9:00–11:30 am**  
Tejero

### Pottery: Advanced

**Manzano Mesa, Room 3**  
**Tuesday, 9:00 am–1:00 pm**  
Carolyn Rigozzi

## Punch Quilting

### Punch Quilting

A “no sew” way to create fabric pictures and wall hangings. Score your design on foamboard, cut shapes from batting and fabric, and punch the edges into the foamboard for a 3-D look.

**Manzano Mesa, Room 3**  
**Tuesday, 1:00–3:00 pm**  
\$10, C.D. Arntzen, B. Knight

## Quilting

### Tuesday Angels

This group makes pillows, quilts, stuffed toys and lap robes, to donate to community organizations.

**Palo Duro, Aspen**  
**Tuesday, 8:30–11:30 am**  
Bommelaere

### Quilting: Community Service

Simple quilts are made and donated to the children at All Faiths Receiving Home and Birth Right. Materials donations are welcome.

**Highland, Room 3**  
**Monday, 9:00 am–11:00 am**  
Laptop Quilters

## Quilting

For novice and experienced quilters

**Highland, Room 7**  
**Tuesday, 8:00 am–12:00 pm**

**Los Volcanes, Room 2**  
**Thursday, 9:00 am–12:00 pm**

**North Valley, Room 3**  
**Monday, 8:00 am–3:00 pm**  
**Sunday, 1:00–4:00 pm**

**Palo Duro, Cottonwood**  
**Tuesday, 9:00 am–12:15 pm**  
Spartz, Stanton  
**Saturday, 9:00 am–12:15 pm**  
Rostel, Dixon

## Silk Painting

Explore the beauty and basics of painting on silk, by outlining with resist and playing with colorful dyes and salt. No previous experience necessary. Drawing skills are helpful, but not a must.

**Palo Duro, Cottonwood**  
**Saturday, February 9**  
10:00 am–1:00 pm  
\$40, Fluegge, Materials included!

## Telescope

### Amateur Telescope Making

Make your own telescope.



**Manzano Mesa, Room 3**  
**1st Wednesday, 7:00–9:00 pm**  
Mike Pendley

## Woodworking

### Open Woodshop and Woodcarving

If you are interested in carving, cutting or working on other wood projects please join us. Equipment and assistance available if needed.

**North Valley, Room 3**  
**Tuesday, 8:30–10:30 am**  
Ken Vaughn

## Woodcarving

For women and men of all skill levels.

**Los Volcanes, Room 10**  
**Tuesday, 9:00–11:00 am**  
Upson, Lovato  
**Wednesday 12:00–4:00 pm**  
(power tools) Juanita Hopes

**Manzano Mesa, Room 3**  
**Wednesday, 8:00–11:00 am**  
Ralph Manchego

## Woodcarving

Carvers do all types of relief and chip carving; wood burning, golf ball and santo carving, etc. People 15 and over are welcomed. Bring your own tools.

**N. Domino Baca**  
**Wednesday, 12:30–3:30 pm**



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Most classes require reservations and payment to the instructor at the first class.



## Computer Classes

### Monitored Computer Lab

#### Computer Lab

Open to members who wish to practice their computer skills or access the web.

**Barelas, Computer Room**  
**Mon, Tues, Wed, 9:00–4:00 pm**  
 Schedule subject to change.

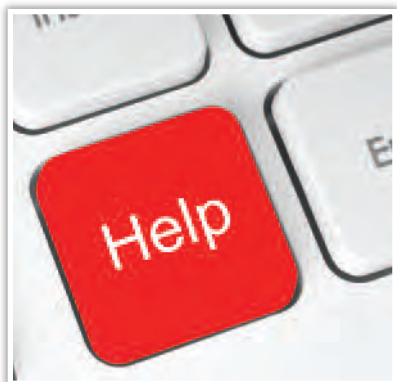
**Highland, Room 6**  
**Wednesday, 1:00–3:00 pm**

**Los Volcanes, Computer Room**  
**Monday, 2:00–5:00 pm**  
**Tuesday, 1:00–5:00 pm**  
**Wednesday, 4:00–5:00 pm**  
**Thursday, 3:00–7:00 pm**  
**Friday, 4:00–5:00 pm**  
**Saturday, 11:15 am–1:00 pm**

**Manzano Mesa, Computer Lab**  
**Tues, Thur, 9:00 am–12:00 pm**  
**Wednesday, 9:00–11:00 am**

**North Valley, Computer lab**  
**Tuesday, Thursday, 1:00–3:00 pm**

**Palo Duro, Cedar Crest**  
**Monday, 1:00–3:00 pm**  
**Friday, 1:00–3:00 pm**



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### General Computer

#### Ask Computer Questions— Get Computer Help

Bring your computer questions. Instructors will offer assistance, or you can learn through the discussion of other people's problems.

**Manzano Mesa, Computer lab**  
**1st Saturday, 12:30–2:30 pm**  
 M. Hadaway, J. Freedman, R. Bemis,  
 and E. Cardona

Look for this logo for evening and weekend activities.



## Computer classes with Jim Genasci

aka Grandpa Jim  
 at Palo Duro, Cedar Crest  
 \$30 payable first class



### Windows Review 1

This basic hands-on computer course is designed to review the layout and basic functions of Windows. It is for those who want to review and refresh their windows skills in a relaxed and practical way with ample opportunities to ask questions.

**January 8, 9, 15, 16, 22, 23**  
**Tuesday, Wednesday, 1:00–3:00 pm**

### Windows Review 2

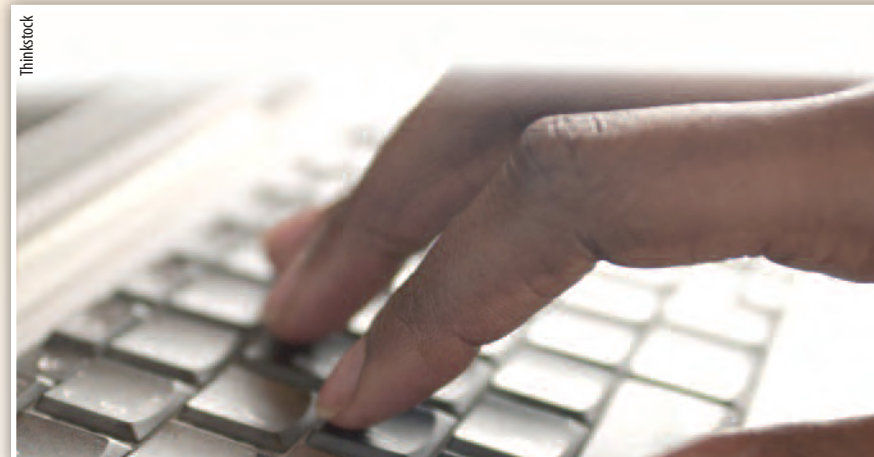
This basic hands-on computer course will build on the functions learned in Review 1—learn how to manipulate windows through working with documents and files, creating folders etc.

**February, 5, 6, 12, 13, 19, 20**  
**Tuesday, Wednesday, 1:00–3:00 pm**

### Keyboarding

For those who are curious about controlling their computer using keyboard maneuvers. Learn to create short-cuts, to select and manipulate items, easy ways to cut, copy and paste, learn to activate programs, and do a variety of keyboard functions using the keys rather than the mouse. It's easy. It's fun.

**March, 12, 13, 19, 20, 26, 27**  
**Tuesday, Wednesday, 1:00–3:00 pm**



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### Spring Fling with Your Computer: tricks, tips, trivia and magic

This basic hands-on computer course is designed to teach some tricks, tips, trivia, and magic to make your computer behave in interesting ways. Included in our play-time are things like: screen savers, special characters, sorting files and documents, keyboard shortcuts, basic web surfing and e-mail and more!

**April, 2, 3, 9, 10, 16, 17**  
**Tuesday, Wednesday, 1:00–3:00 pm**

### Creating and Designing Web Pages

The goal of this two part series is to learn what goes into creating uncomplicated, easy to manage, attractive web pages. We'll learn the codes to create basic pages and how to enhance our pages following principles of good design. Session I will focus on Introducing basic Hyper Text Markup Language (HTML), eXtensible HTML (XHTML) & Cascading Style Sheets (CSS) and start designing a prototype of your web site. Prerequisite: Good computer skills. Must have ability to deal with lots of detail, lousy logic and inconsistencies. Lot of patience, persistence and a playful attitude is essential.

**Session I: April, 30,**  
**May 1, 7, 8, 14, 15**  
**Tuesday, Wednesday, 1:00–3:00 pm**

**Session II: May 28, 29,**  
**June 4, 5, 11, 12**  
 Prerequisite: completion of session I  
**Tuesday, Wednesday, 1:00–3:00 pm**

### Facebook

Keep warm this winter by connecting with friends and family on Facebook. Learn how to open an account; to insert a picture on to your wall; how to search for friends, and how to send and retrieve messages from your inbox.

**North Valley, Computer Lab**  
**Tuesday, March 19, 5:00–6:00 pm**  
 Free, Savannah



### Beginner Computer

This course aims to reduce computer anxiety by explaining, in plain English, what this technology is all about and how it can enhance your life. Learn to use the mouse correctly, to surf the Internet, the keyboard, how to use different programs, what you can do on a computer what classes to take in the future. Students receive a manual as part of the course.

**Los Volcanes, Room 1**  
**Session I: Orientation: January 21,**  
**Class: Monday, February 4, 11, 25,**  
**March 4, 11, 18, 9:00–10:00 am**  
**Session II: Orientation: February 14,**  
**Class: Thursday, February 28, March**  
**7, 14, 21, 28, April 4, 9:00–10:00 am**  
 Sherry Crawford

**Highland, Computer Room**  
**Wednesday, Saturday,**  
**February 6, 9, 13, 16 or**  
**June 19, 22, 26, 29, 10:00 am–12:00**  
 \$30 in advance to Sklarin

**North Valley, Computer Lab**  
**February 20, 22, 27, March 1,**  
**10:00 am–12:00 noon**  
 \$30 in advance to Ronnie Sklarin

### Enjoying the Internet

Learn how to access the Internet from home, and to shop safely online without compromising your personal information. Learn how to find useful information at local government websites and the Mayo Clinic website. Learn about websites for games that improve our minds, and how to avoid computer viruses, and more. Students receive a manual as part of the course. Some previous experience on a computer is recommended, but not required.

**Highland, Computer Room**  
**Wed, Sat, March 6, 9, 20, 23**  
**10:00 am–12:00 noon**  
 \$30 in advance to Ronnie Sklarin

**North Valley, Computer Lab**  
**March 13, 15, 27, 29,**  
**10:00 am–12:00 noon**  
 \$30 in advance to Ronnie Sklarin



## Computer Classes, continued

### Intermediate Computer

We will cover a patchwork of computer hints, tricks, tips and good information. Bring questions and frustrations. Students receive a manual as part of the course. Previous experience recommended, but not required.

Los Volcanes, Room 1

Session I: Orientation: Jan 21

Class: Mon, Feb 4, 11, 25,  
Mar 4, 11, 18

Session II: Orientation: Feb 14

Class: Thur, Feb 28,  
Mar 7, 14, 21, 28, Apr 4

10:00–11:00 am

Sherry Crawford

Highland, Computer Room

Wed, Sat, April 10, 13, 24, 27,

10:00 am–12:00 noon

\$30 in advance to Ronnie Sklarin

North Valley, Computer Lab

April 3, 5, 17, 19,

10:00 am–12:00 noon

\$30 in advance to Ronnie Sklarin

### Email

Get set up with a free email address at either Yahoo or Gmail (part of Google). Learn how to send, reply, and forward an email, or send an email to more than one person. Learn how to email photo and documents. Previous experience on a computer is recommended, but not required.

Highland, Computer Room

Wed, Sat, May 8, 11, 15, 18,

10:00 am–12:00 noon

\$30 in advance to Ronnie Sklarin

North Valley, Computer Lab

May 1, 3, 10, 17

10:00 am–12:00 noon

\$30 in advance to Sklarin

### Word I

Create documents, edit text, use the spell checker, copy, move and paste text, set margins, change fonts, select text, save and print—skills necessary to use Word. Student receive a manual as part of the course. Previous experience on a computer is recommended, but not required.

Highland, Computer Room

Wed, Sat, June 5, 8, 12, 15

10:00 am–12:00 noon

\$30 in advance to Ronnie Sklarin

North Valley, Computer Lab

May 1, 3, 10, 17, 10:00 am–12:00

\$30 in advance to Ronnie Sklarin

### Email

Email is a great way to stay in touch with friends and family as well as a way to correspond when conducting business. You will learn to set up an email account and how to send, receive, and forward email.

North Valley, Computer Lab

Tuesday, March 12

5:00–6:00 pm

Free, Savannah

### Social Media 101

Have you wondered how you could ever learn all about Social Media for yourself or your company or organization? We will review what Social Media is, how it works and how you can use it for personal enjoyment or professional promotion.

N. Domingo Baca, varies

Monday, 6:00–7:00 pm

Call for specific dates

Barbara Lemaire



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## Manzano Mesa Computer Classes

The following classes will be held at Manzano Mesa, each class needs at least 5 students to apply in order to hold the class. Please fill out an application, in the Computer Lab at Manzano Mesa and you will be notified by phone when the class is scheduled for and the cost of the class.

- Beginners Computer Part 1 for Windows 7 and XP
- Beginners Computer Part 2 for Windows 7 and XP
- Internet Level 1
- Microsoft Office 2007 or 2010 to include Word, Excel, and Powerpoint
- Microsoft Word 2007 or 2010
- Microsoft Excel 2007 or 2010
- How to use Facebook
- How to use SKYPE
- Email Basics
- Basics of using files and folders on your computer
- Basics for how to use a flash drive
- Basics for how to use an mp3 player or i-pod
- Basics on how to use a digital camera
- Online Identity Protection
- Computer Maintenance and Virus protection/prevention

Apply Today!

There is something for everyone under our umbrella

Membership entitles you to a world of opportunities.

Here are just a few...

Fitness Programs • Classes • Volunteer Opportunities  
Travel • Meals • Albuquerque 50+ Olympics  
Community Meeting Space • Computer Labs  
and much more!

Center memberships are only \$13 a year!

For information call: 764-6400 The Department of Senior Affairs or the  
Citizen Contact Center 311 TTY: (505) 764-6405



CITY OF ALBUQUERQUE • BERNALILLO COUNTY  
DEPARTMENT OF SENIOR AFFAIRS



# Digital Camera Classes with Walter Punke

For all classes bring your digital camera, two sets of batteries, storage card(s), connectivity cable and manual for your unit.



## Manzano Mesa

Unless stated otherwise, classes are \$15/person or \$25/per couple

### Sunset/Full Moonrise Photo Opportunity

Learn to photograph blazing sunsets and spectacular moonrises, obtain blue sky and full moon in night photos applying shutter and manual settings.

Manzano Mesa, Lobby  
Fri, May 24, 6:30–9:30 pm  
(Full moon 9:24 MST)

### Use of White Balance and ISO Settings

Learn to adjust these settings to achieve higher quality photos with your digital camera. Take control of RGB color hues, “Kelvin” temperatures and sensitivity speed for more colorful shots and image control in available light. Practice making setting changes quickly while shooting.

Manzano Mesa, Room 4  
Thur, Jan 31, 4:30–6:30 pm  
Thur, May 9, 4:30–6:30 pm

## Using a Histogram for Improved Photo Composition/Results

Learn to use the camera’s histogram display for selecting setting options to achieve optimum results in unusual or difficult shooting conditions.

Manzano Mesa, Room 4  
Thur, Feb 25, 6:00–8:00 pm  
Thur, May 23, 6:00–8:00 pm

## North Valley

### Downloading and Editing Digital Photos on your Computer

Move images from cameras, memory cards or storage media to a computer for editing with Picasa, attaching to email, transferring to album files, flash drive or zip file, and more.

North Valley, Computer lab  
Tues, January 22, 29, 4:30–6:30 pm  
Tues, February 19, 26, 10:00–12:00  
Tues, May 7, 14, 4:30–6:30 pm  
\$25/two-session class, in advance by check

## Highland

Unless stated otherwise classes are held in Room 7 from 10:30 am–3:00 pm with a 1/2 hour break for lunch from 12:00–12:30 and are \$25/person

### Digital Camera Operations & Applications

Learn the purpose of different buttons, dials and menu items on a digital camera; know how to operate a camera more effectively in different shooting environments by using the controls on the unit.

Highland  
Sat, Jan 26 or May 4

### DSLR Mastery: Control and Flexibility

DSLR cameras offer the options of multiple removable, interchangeable lenses. Single-lens reflex cameras offer the ultimate in operator selection and control using a wide variety of the different settings available. Learn to use a DSLR camera’s mode-dial options, the purpose and benefit of various buttons, switches and flexibility from menu items: how to use specific features and settings to obtain the ideal photograph in different shooting environments.

Highland  
Sat, Feb 2 or May 11

### Photographic Composition Techniques and Evaluation

Master the basics for composing a subject in a viewfinder; how to achieve satisfactory exposure, lighting, color tone, subject placement and review criteria to achieve the most desirable photo possible in most environments. Practice using established assessment guidelines to react to composition of various types for enhanced composition skills and quality photos.

Highland  
Sat, Feb 9 or May 18

### Free Digital Camera Q & A Sessions

Focus is on operational features, no repairs.

Highland  
Thursday, February 21 or Thursday, May 9, 11:30–12:30 pm



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# Income Tax Assistance



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Reservations required. If you have a complex return, check with the center before making an appointment. Some returns are out-of-scope for volunteer assistants.

Please bring the following information to your appointment.

- Picture Identification
- Copy of your last year’s tax returns.
- Social Security Cards for all people listed on return.
- W-2 forms for wages.
- Forms including: 1099-INT (interest); 1099-DIV (dividends); All 1099-R (retirement); SSA-1099 (Social Security Benefit Statement); All 1099-B (stock sales) You must have the basis (what you paid) for all sales including mutual funds. Call your broker; 1099-G (gambling winnings); RRB-1099 (railroad retirement); and any other 1099 forms.
- Forms reporting income such as jury duty, election work, alimony, etc.
- Medical expenses.
- For age 65 or older, property tax bill and/or rent receipts.

Appointments can be made starting January 22nd

Highland  
Thursday, February 2–April 12  
9:00 am–2:30 pm, Appointments required

Los Volcanes  
Friday, February 8–April 12  
9:00 am–3:00 pm, Appointments required

Manzano Mesa, Room 4  
Monday, Feb. 4–Apr. 12, 8:30 am–1:00 pm  
Thursday, Feb. 7–Apr. 11, 8:30 am–1:00 pm

North Valley, Room 1, 2  
Friday, Feb. 1–Apr. 12, 8:30 am–1:30 pm

Palo Duro  
Thursday, Feb. 7–Apr. 11, 8:15 am–3:00 pm

Barelas, Room Coal & Lead  
Monday & Wednesday, Feb. 4–Apr. 13  
8:00 am–4:00 pm (sign in by 3:00)

North Domingo Baca, Classroom 1  
Monday, Feb. 4–Apr. 15, 8:00 am–4:00 pm

## Writing Classes and Groups

### Creative Writing Group

Aspiring writers meet to create, share, critique and perfect their work in this supportive and non-threatening group.

**Highland, Room 2**  
**Thursday, 1:00–3:00 pm**

### Encouraging the Writer Within You

This workshop covers the process of writing fiction and non-fiction; developing and structuring your book in your voice and point of view. The class is intended to encourage, inspire, motivate and support you in a non-judgmental, stimulating environment.

**Introductory Writing Class**  
**N. Domingo Baca, Classroom 1**  
 Call for dates  
 Marcia Rosen, [www.creativebookconcepts.com](http://www.creativebookconcepts.com); (505) 293-2122

### Poetry Class

Poetry group forming to read, write and discuss poetry (all genres). This is a safe environment for poets at all levels. If you love poetry, want to share your own poetry or want to write poetry this is the group for you.

**North Valley, Computer Lab**  
**2nd & 4th Friday, 1:30–3:30 pm**  
 Free, Juanita Sanchez

### “Writing for Fun” Group

Join for encouragement in the “inspirational” literary field. Critiques are amicable and offered only when requested.

**Manzano Mesa, Room 5**  
**Monday, 1:00–3:00 pm**  
 Lee Brown



## Language Classes

### Dutch Speaking Group

Speak Dutch? Join us to converse, and share jokes.

**N. Domingo Baca, West Lobby**  
**Friday, 10:00–12:00 am**

### French: Beginning

This fun class is perfect for communicating in simple French whether you intend to vacation in a French speaking country or just to start learning a new language.

**N. Domingo Baca, Classroom 1**  
 Call for dates

### French: Advanced

Would you like the opportunity to speak French and learn current usage? Then join us as we bring our speaking, listening, and reading levels up to speed. On parle francais ici.

**Palo Duro, Aspen**  
**Monday, 1:00–2:45 pm**  
 50¢ donation per class for supplies,  
 Goldsmith, Tailby

### German: Intermediate

Members need to have pronunciation and grammar under control and can write sentences with dependent clauses. This is not a conversation class, like a Koffeklatsch. Most members have been to Germany, Austria, or Switzerland. Subject matter goes beyond just language, but also culture, history, geography, dialects, etc. Number 1 goal is to have fun!

**Palo Duro, Aspen**  
**Thursday, 8:45–11:30 am**  
 Holcomb, Maldonado

### German: Beginning

Basic German for the beginner. Grammar is taught but practiced orally and channeled into conversation usage. The most recent edition of the textbook, *German DeMystified*, by Ed. Swick, will be ordered in early February.

**N. Domingo Baca**  
 Call for details  
 Allen Roth



### Beginning Conversational Spanish

Suitable for absolute beginners and a good refresher for those who have had Spanish in school—but a lot more fun! Learn essential phrases; how to show good manners in Spanish; and enough to get by in many practical situations.

**North Valley, Room 3**  
**Tue, April 9–June 25**  
 6:00–7:00 pm  
 \$70/12 weeks, Cathy Varney



### Spanish: Intermediate

Converse, read, and translate.

**Palo Duro, Ponderosa**  
**Tuesday, 1:00–3:00 pm**  
 Arndt

### Spanish Beginning

This is a fun ten-week course is ideal for students with little or no experience with Spanish. Students will be exposed to songs, poems and articles.

**Palo Duro, Aspen**  
**Wednesday, Jan 16–Mar 27**  
 10:00 am–12:00 pm  
 \$30, \$7 material fee, Johnson

Most classes require reservation.  
 Call the host center to reserve.

### Intermediate Spanish

A class for those who may have taken basic Spanish in the past. Initially, the alphabet and numbers will be taught, followed by Spanish poems and songs. Grammar will be taught later in the session.

**North Valley, Room 4**  
**Mon, Feb 11–Apr 22, 1:00–3:00 pm**  
 \$30/10 weeks, \$7 materials  
 Carlos A. Johnson

**Palo Duro, Aspen**  
**Wed, Apr 3–Jun 5, 10:00 am–1:00 pm**  
 \$30/10 weeks, Johnson

**N. Domingo Baca**  
 Call for dates and details

### Rockin' Intermediate Spanish Class

Beginners are welcome. By using multiple areas of the brain, makes the information highly memorable through illustrated stories and rhymes. Visuals make each class comprehensible so no one is lost.

**Highland, Room 1**  
**Tuesday, Thursday,**  
**January 15, 17, 22, 24, 28, 31**  
**February 5, 7, 12, 14, 19, 21**  
**March 5, 7, 19, 21, 26, 28**  
**April 9, 11, 16, 18, 23, 25**  
 9:00–11:00 am  
 \$65/6 classes, Dr. Judy Vavrek

### Advanced Beginner /Intermediate Spanish

For anyone who has had some previous exposure to the Spanish language. This will be an enjoyable interactive class composed of songs, stories and poems.

**Palo Duro, Aspen**  
**Wed, Jun 12–Aug 7, 10:00 am–1:00 pm**  
 \$30, Johnson



Look for this logo for evening & weekend activities



Class Sizes Are Limited • Most classes require reservations and payment to the instructor at the first class.

## Other Classes

### Planning for the Time; Opportunities of Retirement

How will you spend your time in retirement? Be prepared for the unexpected consequences of available time, identity change, and emotional differences that come up when one retires.

**Manzano Mesa, Room 4**  
**Monday, January 14, 11**  
**Monday, May 13, 20**

6:00–8:00 pm  
\$30/person or \$45/couple, for both sessions and a workbook filled with activities for personal introspection.  
Walt Punke



### Boomers! After Fifty, Now What?

We are restless! Something is missing! In this introductory class, participants will explore the unsettling transition from first adulthood. Who am I now? What matters most? What no longer serves? All are welcome.

**North Valley, Room 4**  
**Session 1: Wed, January 23,**  
9:30–10:30 am

**Session 2: Tue, April 16,**  
5:30–6:30 pm

\$10/session, Karen Kalwaic, MA, LPC

**Palo Duro, Cottonwood, Ponderosa**  
**Session I: Wed, Feb 13,**

5:30–6:30 pm

**Session II: Wed, May 15,**  
5:30–6:30 pm

\$10/session, Karen Kalwaic, MA, LPC



### Community Meditation

Start your day by joining like-minded people for a group meditation and chant an ancient sound. Open to all. Benefits may include: Greater sense of well-being, Stress relief, and more harmony with life.

**Highland, Room 8**  
**2nd Friday, 10:00–11:00 am**  
Jan Eggers

**N. Domingo Baca**  
**4th Thursday, 5:30–7:00 pm**  
Gwen Pullen, Free



### Genealogy

This is a beginning genealogy class exploring the question of family and ancestors. Learn to use pedigree and family history charts, work on oral histories from family members and other sources, access family tree software, and other resources.

**Palo Duro, Piñon**  
**Tuesday, 12:15–1:45 pm**  
**Session I: Jan 15, 29, Feb 5, 19**  
**Session II: April 2, 16, May 7, 21**  
Rodgers



### Project Heart Start—An Easier Way to Save a Life

Sudden Cardiac Arrest kills 300,000 people annually. You can help change or reduce this number by learning hands-only CPR and how to respond in an emergency. Learn the simple steps to saving a life in this 1-hour training. Free and for all ages. Bring your family and friends.

**Manzano Mesa, Social Hall East**  
**Saturday, February 2, 9, 23,**  
1:00–2:00 pm

Dorothee Hutchinson, NM Heart Institute Foundation

**Palo Duro, Ponderosa**  
**Session I: Wed, Feb 27**

5:30–6:30 pm  
**Session II: Wed, Mar 13,**  
9:00–10:00 am

**Session III Wed, May 1,**  
10:30–11:30 am  
NM Heart Institute

**N. Domingo Baca, Social Hall**  
**Saturday, April 6,**  
10:00–11:00 am



### Creating Collections

Enhancing a Room's Focal Point Using Art and Accessories. Define priorities for a room, and accessorize accordingly, to create a clear focal point. Learn to create cohesive groupings of artwork, pictures and other collectables to showcase your treasures in a pleasing composition, and emphasize a room's focal point.

**N. Domingo Baca**  
Call for dates  
Claudia Lucas

**ABC Library**  
**activities**  
**page 34**

### Sell It! Rent It! Staging Your Property for Success

Avoid expensive staging costs using time-tested principles. Learn to troubleshoot design problems, what updates are priority, ways to use existing furnishings, and how to add flair to your properties' exterior.

**N. Domingo Baca**  
Call for dates  
Claudia Lucas

### Dance Classes for NOCHE de ORO Performance

For both men and women these classes will teach students one or two dances that will be performed on Friday, May 3 at 1:30. Receive world-class instruction on traditional dancing. A castanet class might be incorporated in conjunction with the dance lessons, from 12:45–1:15 on the same dates.

**Barelas, 9:30–11:00 am**  
**Palo Duro, 1:15–2:45 pm**  
**Friday, April 5, 12, 19, 26**  
Frances Lujan, in partnership with National Hispanic Cultural Center

## May is STOP Senior Hunger Month!



Comfort Keepers® and the City of Albuquerque Department of Senior Affairs is committed to reducing the risk of senior malnutrition. Among the reasons: changes in taste, disease or medication, lack of transportation, inability to prepare meals, limitations to chewing, loneliness and depression. The implications are serious and could mean the potential for hospital stays and health complications.

Look for the food donation bins at all Albuquerque Senior Centers and Multigenerational Centers and contribute! You can donate throughout the month of May!



### Donate Senior Friendly Food:

- Peanut Butter
- Canned meats
- Canned fruits
- Canned vegetables
- No perishable foods

## Albuquerque/Bernalillo County Libraries Events



### Library Numbers and Locations

**ALAMOSA LIBRARY,**  
6900 Gonzales SW, 836-0684

**CHERRY HILLS LIBRARY,**  
6901 Barstow NE, 857-8321

**EAST MOUNTAIN LIBRARY,**  
1 Old Tijeras Rd. (Tijeras)  
281-8508

**ERNA FERGUSSON LIBRARY,**  
3700 San Mateo NE, 888-8100

**ERNIE PYLE LIBRARY,**  
900 Girard SE, 256-2065

**JUAN TABO LIBRARY,**  
3407 Juan Tabo NE, 291-6260

**LOMAS TRAMWAY LIBRARY,**  
908 Eastridge NE, 291-6295

**LOS GRIEGOS LIBRARY,**  
1000 Griegos Rd. NW, 761-4020

**MAIN & GENEALOGY LIBRARY,**  
501 Copper NW, 768-5141

**NORTH VALLEY LIBRARY,**  
7704-B 2nd St. NW, 897-8823

**SAN PEDRO LIBRARY,**  
5600 Trumbull SE, 256-2067

**SOUTH BROADWAY LIBRARY,**  
1025 Broadway SE, 764-1742

**SOUTH VALLEY LIBRARY,**  
3904 Isleta SW, 877-5170

**SPECIAL COLLECTIONS LIBRARY,**  
423 Central NE, 848-1376

**TAYLOR RANCH LIBRARY,**  
5700 Bogart NW, 897-8816

**TONY HILLERMAN LIBRARY,**  
8205 Apache NE, 291-6264

**WESTGATE LIBRARY,**  
1300 Delgado SW, 833-6984



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## Genealogy Resources

### Genealogy

Find out more about your family history and explore our genealogy collection, meet fellow researchers, and find out about the different research societies active in the city.

**Main Library, 2nd Floor**  
For more info. visit  
<http://libguides.cabq.gov/genealogy?hs=a>, or  
call (505) 768-5131.

## Events at the ABC Library

### El Día de los Niños

This multicultural celebration of children and literacy is held annually on April 30. This year sixteen libraries will host special events for children, families and school groups featuring storytellers, dance, drumming, interactive exhibits about New Mexico and more. At the end of each event, children will be able to take home a book of their very own (while supplies last).



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An enhancement of Children's Day, which began in 1925, El Día de los Niños began in 1996 when nationally acclaimed children's book author Pat Mora proposed linking Children's Day with literacy to found El Día de los Niños.

**Albuquerque/Bernalillo County Library**

April 23–30, more information: [www.cabq.gov/library](http://www.cabq.gov/library) or call 311

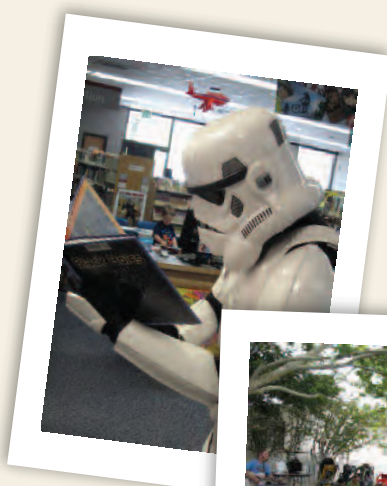
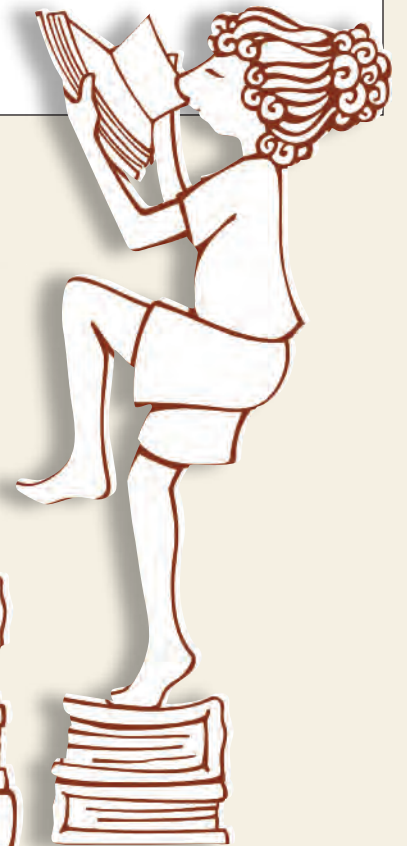
### Summer Reading Program

Dig into Reading! And be part of the Library's Summer Reading Program! Children, teens and adults can register, read, earn prizes and attend special events. Sign up at your local library!

**Albuquerque/Bernalillo County Library**

June 1–July 27, 2013

Information and a schedule of events:  
[www.cabq.gov/library](http://www.cabq.gov/library) or call 311



ABC Libraries



## Albuquerque/Bernalillo County Library

### Citywide Library Activities

The following events are held at libraries around the city. To find out what is happening at a library near you, visit [cabq.gov/library](http://cabq.gov/library) for information, class times, and locations.

#### For Adults

One on One Computer Sessions  
Topics include: computer basics, internet basics, email, and other instruction as needed. One person per session. Registration required.

#### Gizmo Garage/Digital Download Drop-in

Want to meet eReaders and learn how to borrow eBooks and eAudiobooks from the library? Join us for hands-on experience with Kindle, Nook, Sony Reader or iPod Touch. You do not need to have your own device or you can bring your own gizmo for help with software installation, activation, or device registration.



#### For the Grandkids

##### Read to the Dogs

Would your child like a patient, attentive friend to read to? Read to the Dogs provides an opportunity for your child to read to registered therapy dogs in a relaxed atmosphere. The dogs sit calmly and quietly for a story. Children practice reading out loud without fear of judgment and gain reading confidence.

##### Music & Movement Storytime

For children 0–5 years old. Get moving and grooving with stories, fingerplays, dancing and more.

##### Every Child Ready to Read Storytimes

These workshop/storytimes help parents and caregivers teach their children early literacy skills in a fun and joyful way.



Information:  
[www.everychildreadytoread.org/about](http://www.everychildreadytoread.org/about)

### Book Clubs for Adults

New members are always welcome. No registration required. For selected titles, visit the hosting library web site or call the host library.

#### Book Group

Lomas Tramway Library  
1st Wednesday, 2:00–3:15 pm

#### Bookworms Book Club

Juan Tabo Library  
2nd Tuesday, 1:30 pm

#### Mystery Book Group

The group discusses a different mystery each month.

Cherry Hills Library  
1st Tuesday, 6:00–7:30 pm



#### Magical Mysteries Tour

Travelers of every means and method are invited to attend this book club devoted to exploring our world through mysteries.

Los Griegos Library  
3rd Saturday, 3:00–4:30 pm

#### Wide World of Mystery

Bring your lunch and discuss.

Main Library  
Last Friday, Noon–1:00 pm

#### Book Group

Taylor Ranch Library  
2nd Saturday, 2:00–3:30 pm



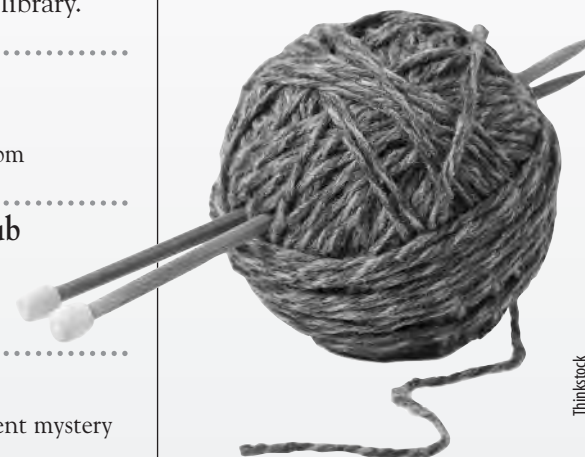
#### Who Dunit? Mystery Book Club

Tony Hillerman Library  
2nd Thursday, 3:00–4:00 pm

#### The Wandering Gypsies

A book discussion group.

Los Griegos Library  
4th Friday, 3:00–4:30 pm



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### Fiber Arts Clubs

Join a drop-in stitching club to knit, crochet, embroider, etc., and share tips and experience. All ages and skill levels welcome.

Visit <http://library.cabq.gov/fiberarts>

Cherry Hills Library  
An Itch to Stitch  
Tuesday, 10:00 am–12:00 pm

Tony Hillerman Library  
Hillerman Stitch Club  
Tuesday, 11:00 am–1:00 pm

North Valley Library  
North Valley Knitters  
Thursday, 2:00–3:00 pm

South Valley Library  
Thursday Night Fiber Fever  
Last Thursday, 5:00–7:00 pm



Taylor Ranch Library  
A Good Yarn!  
Friday, 2:00–3:30 pm

East Mountain Library  
Sandia Stitch 'n Time  
3rd Saturday, 1:00–3:00 pm

Erna Fergusson Library  
The Saturday Stitching Society  
2nd & 4th Saturday,  
3:00–5:00 pm

Lomas Tramway Library  
Stitch Club  
1st and 3rd Wednesday, 6:00 pm

### Library Clubs, Classes and Chats

#### Chess Club

Join Mr. Rod Avery, coach of the Dennis Chavez Chess Team, for our monthly chess club. No registration required.

Cherry Hills Library  
1st Saturday, 1:00–3:00 pm



#### Writing Consultations

Albuquerque Community Writing Center provides free one-to-one writing consultations.



Main Library  
Saturday, 12:00–2:00 pm (first floor)



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# Games and Cards



## Bingo

Bingo with cash and prize giveaways, raffle drawings and refreshments.

**Barelas, Country Club**  
**Tuesday, 1:30–4:00 pm**

**Highland, Social Hall**  
**Monday, 1:15–3:30 pm**

**North Valley, Social Hall**  
**Wednesday, 1:30–4:00 pm**  
**1st Thursday (FGP),**  
**1:30–4:00 pm**

**Los Volcanes, Social Hall**  
**Friday, 1:15–3:15 pm**

**Palo Duro, Mesquite**  
**Tuesday, 1:15–4:00 pm**

**Manzano Mesa, Social Hall**  
**Thursday, 1:30–4:00 pm**



## Billiards

Visit and meet with friends. A variety of games are played at each center. Donation requested.

**Barelas, Billiards Room**  
**Monday–Friday, 8:00 am–5:00 pm**

**Highland, Billiards Room**  
**Monday–Friday, 8:00–5:00 pm**  
**Saturday**  
**10:00 am–4:00 pm**

**Palo Duro**  
**Monday–Friday, 8:00 am–5:00 pm**  
**Saturday**  
**9:00 am–1:00 pm**

**North Valley, Billiards Room**  
**Mon, Wed, Thur, Fri**  
**8:00 am–5:00 pm**  
**Tuesday, 8:00 am–7:00 pm,**  
**Sunday, 12:30–5:00 pm**

**Los Volcanes, Poolroom**  
**Monday–Friday, 8:00 am–5:00 pm**  
**Thursday, 8:00 am–7:00 pm**  
**Saturday, 9:00 am–1:00 pm**

**Manzano Mesa, Game Room**  
**Monday–Friday, 8:00 am–9:00 pm**  
**Saturday**  
**9:00 am–3:00 pm**



## Board Games and Puzzles

Play board games, cards, checkers, chess or Loteria (Spanish Bingo), or put together a jigsaw puzzle. Games available to be checked out at front desk.

**North Valley, Social Hall**  
**Thursday, 9:30–11:00 am**

**Barelas, Lobby**  
**Monday–Friday, 8:00 am–4:00 pm**

## Bridge

### Friday Bridge

**Manzano Mesa, Sitting Room**  
**1st & 3rd Friday, 10:00 am–2:30 pm**

### Bridge: Duplicate

Join us in this non-sanctioned game. Arrange your partners before the game.

**Palo Duro, Cottonwood**  
**Monday, 12:15–3:45 pm**  
**Friday, 12:15–3:45 pm**

### Bridge Group

**N. Domingo Baca**  
**Tuesday, 12:30–4:00 pm, Jack Heide**

### Bridge, Party

Offered throughout the week, most games require you to have your own foursome.

**Los Volcanes, Room 10**  
**Friday, 12:30–3:30 pm**

## Canasta

Learn to play hand and foot Canasta.

**Highland, Room 3**  
**Monday, 1:00–4:00 pm**

## Hand and Foot Game

This is a new game.

**Manzano Mesa, Room 5**  
**Friday, 2:00–4:00 pm**

## Chess for Fun

Learn the basics, or the moves of the masters. All levels welcome.

**Barelas, Barelas Blvd**  
**Tuesday, 12:30–4:00 pm**

**Highland, Room 3**  
**Wednesday, 1:00–3:00 pm**

**Los Volcanes, Lobby**  
**Tuesday, 1:00–3:00 pm**

## Cribbage

**Palo Duro, Mesquite**  
**Friday, 1:00–3:00 pm, Goodman**

## Mah Jongg

This game is played with 144 tiles that are drawn and discarded until a player gets a winning hand.

**Los Volcanes, Room 10**  
**Thursday, 12:00–4:15 pm**  
**Finegold, Martinez**

## Mexican Train

**Highland, Room 4**  
**Wednesday, 12:30–3:30 pm**

**Los Volcanes, Room 10**  
**Tuesday, 12:00–3:00 pm**  
**Finegold, Martinez**

## Pinochle

**Highland, Room 3**  
**Tues and Thurs, 12:00–4:00 pm**

**Manzano Mesa, Room 4**  
**Wednesday, 12:00 noon–4:00 pm**

## Poker

**North Valley, Library**  
**Monday–Friday, 12:00–4:00 pm**

## Scrabble

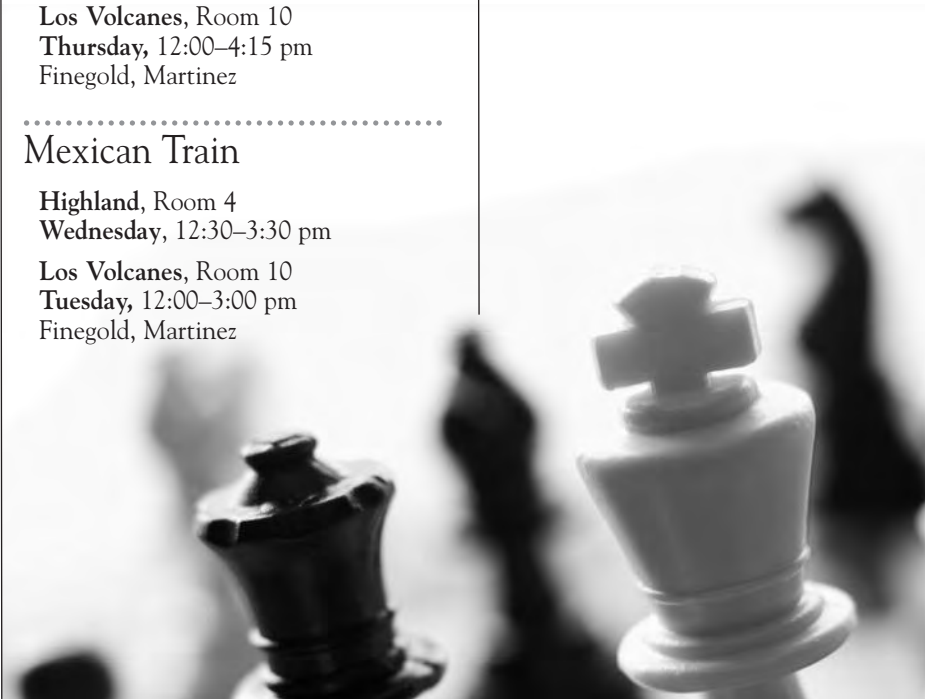
**Palo Duro, Ponderosa Pine**  
**Wednesday, 12:00–4:00 pm**



## Euchre

A trick-taking card game most commonly played with four people in two partnerships with a deck of 24 standard playing cards.

**Los Volcanes, Room 1**  
**Tuesday, 1:00–5:00 pm**  
**Liz Terry**





# Sports

## Air Gun Practices

For beginners or those wanting to hone their skills for competition.

**Eldorado High School**, Rifle Range  
(by reservation) Major Jim Korber,  
Senior Instructor, Eldorado High  
School JR ROTC at 296-4871

## Badminton Practice & Play

Badminton challenges your mind as well as your reflexes and stamina.

**Manzano Mesa**, Gym  
Tue, 6:00–9:00 pm  
Monday, Friday, 1:30–4:00 pm

## Drop-In Basketball

Open/Drop-In Basketball is offered daily (Mon–Fri) at the times listed below. Teams form as participants show up and sign in. Schedules are subject to change.

**Manzano Mesa**, Gym (E/W courts)  
Mon, 11:00 am–1:00 pm, East  
Mon, 11:45 am–1:30 pm, West  
Mon, 7:00–9:00 pm  
Tue, 11:00 am–1:00 pm  
Wed, 11:00 am–12:30 pm, East  
Wed, 11:45 am–12:30 pm, West  
Thur, 11:00 am–1:00 pm, both courts  
Fri, 11:00 am–1:00 pm,  
7:00–9:00 pm, both courts



## Senior Men's Basketball

This group gathers to play some friendly, but competitive basketball, where teams are picked prior to the games. This is a good workout, with a lot of action.

**Manzano Mesa**, Gym, East Court  
Tuesday, 11:00 am–1:00 pm  
Thursday, 11:00 am–1:00 pm

## DSA Golf Tournament

The Department of Senior Affairs hosts a golf tournament twice yearly. For information: James Mader, N. Domingo Baca Multigenerational Center, 764-6475



## 50+ Sports & Fitness Program Fitness Hiking

Hikes vary from easy/moderate A/B hikes to the more challenging C/D level hikes. We offer descriptions so that you can select to your ability. Bring your own lunch, snacks and drinks. 5¢ per mile, space is limited, prepayment is required. The website: [www.ASCHG.org](http://www.ASCHG.org) hosts an incredible database of 300 hikes in NM and a schedule of all senior center hikes.

**Los Volcanes 50+ Sports & Fitness Center**  
Apr–Oct: Every other Wednesday,  
7:00 am–5:00 pm  
Cindy McConnell

**Palo Duro 50+ Sports & Fitness Center**  
Apr–Oct, Mon, 7:15 am–4:00 pm  
Vivian Heyward, Cindy McConnell

**N. Domingo Baca**, Fitness Center  
Apr–Oct, Every other Wednesday,  
7:00 am–5:00 pm  
Cindy McConnell

## Center Hiking & Treks

Enjoy these intermediate level hiking trips and less demanding treks year round. Schedules are available at front desk of host centers. 5¢/mile.

**Highland**  
Every other Tuesday, 8:00 am  
Pat Newman

**Manzano Mesa**  
Wednesday afternoons, call for times  
Ed Cardona

**N. Domingo Baca**  
Every other Friday, 8:00 am  
Dick Brown

**North Valley**  
Every other Thursday, 8:00 am  
Bill Gloyd

**Palo Duro**  
Every other Tuesday, 8:00 am  
Marilyn Warrant  
Saturday, 9:00 am  
Sue Palletier

**Los Volcanes**  
Every other Friday, 8:00 am  
Dick Brown

**Bear Canyon Hikes/**  
Leaving from N. Dom. Baca  
Every other Thursday, 8:00 am  
Sandy McAvay

# Sports Competitions

Pick up a 50+ Sports & Fitness Catalog this fall for registration forms and details about any of these competitions or call 880-2800



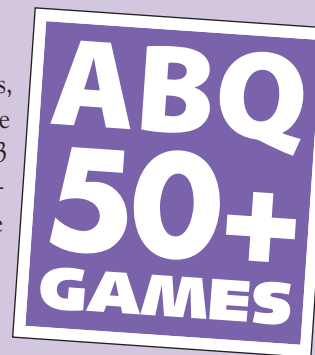
## The 2012/13 "Compete & Meet" Games

Join us for our winter competition and spring workshops.



## Albuquerque 50+ Games

The 50+ Sports & Fitness Program hosts lessons, trainings and invigorating fun events that prepare Bernalillo County residents to participate in 23 different sports competitions. The ABQ 50+ Games are the local qualifying events for the New Mexico State Senior Olympics and are held March–May 2013. Deadline for entries is March 8, 2013 at 7:00 pm.



### Events at a glance

Cycling, air gun and table tennis workshops; bowling, basketball 3 point & free throw, eight ball pool, talent show & dance, shuffleboard, swimming, racquetball, table tennis, air gun, huachas, road race, pickleball, racquetball, race walk, badminton, archery, cycling, golf, tennis, horseshoes, track & field.

For info and to register call  
880-2800 or visit Palo Duro  
50+ Sports & Fitness Center  
3351 Monroe, NE



## The 50+ FANTASTIC! FREEZE FEST!

### Winter Sports Competitions:

- Cross-Country Skiing
- Downhill Skiing
- Snowboarding
- Snowshoeing
- and Ice Hockey

## Sports, continued

### Paddleboard

Are you ready to try another super fun water sport? Try stand up paddling. SouthWest WindSports is offering classes in Albuquerque on the Rio Grande and at Cochiti Lake. Learn: Safety and basic SUPing control and maneuver. Then practice in the water. Transportation, equipment (SUP board, paddle and life jacket) provided. Call 880-2800 to sign-up.

**Rio Grande River (in Abq/Rio Rancho) or Cochiti Lake**  
**Friday, 8:00 am–12:00 pm**  
**4 Classes in 2013: May 17, June 14, July 19, August 23**  
 \$40/class, Michael Pogzeba, SUP & Windsurfing Instructor

### Pickleball

**Manzano Mesa**  
**Thursday, 2:00–4:00 pm**  
**Saturday, 9:00–11:00 am**  
**PICKLEBALL TRAINING**  
**Tuesday, Thursday, 9:15–11:00 am**  
**Saturday**  
**12:30–2:50 pm**  
**Los Volcanes**  
**Mon, Wed, Fri, 9:30–11:00 am**  
**Monday, 1:30–3:00 pm**  
**1st & 3rd Wed, 1:30–3:00 pm**

### Shuffleboard

**Los Volcanes, Social Hall**  
**4th Wednesday, 1:30–3:00 pm**

### Silver Shufflers

When was the last time you had a good, competitive game of shuffleboard? Come join this group for an afternoon of fun and excitement.

**Manzano Mesa**  
**Tuesday, 1:00–4:00 pm**  
 \$1 donation, Scott Heron 299-7768 & Millie Martinez 797-0841

### Men's Softball

Practices begin in February with league play held on Tuesday and Thursday mornings from April to September.

**Bear Canyon**  
**65+ League, Bill Dubuque, 293-9530**  
**Highland, 256-0000**



Look for this logo for evening & weekend activities

### Table Tennis Practice and Play

Since its inception in 1880s England, as an after-dinner amusement for upper class Victorians, this sport has grown into an international favorite.

**Barelas, Social Hall**  
**Thursday, 1:30–3:30 pm**  
 (upon request)

**Los Volcanes, Social Hall**  
**Tuesday, 1:30–4:00 pm**

**Palo Duro, Mesquite**  
**1st Saturday, 9:30–10:30 am**  
**2nd, 3rd & 4th Sat, 9:30–11:30 am**

**North Valley, Social Hall**  
**Monday, 2:00–5:00 pm**  
 (upon request)

**Manzano Mesa, Game Room**  
**Monday–Friday, 8:00–9:00 am**  
**Saturday, 9:00 am–3:00 pm**

**N. Domingo Baca**  
 Call for schedule

### Volleyball: Indoor “Beachball”

**Los Volcanes, Social Hall**  
**2nd Wednesday, 1:30–3:00 pm**  
**Barelas, Country Club**  
**Mon, Wed, Thu, 1:30–3:00 pm**

### Volleyball Pick-up Games

Join the 50+ volleyball players for drop-in volleyball matches.

**Manzano Mesa, Gym**  
**Monday, Friday, 5:00–7:00 pm**

## DSA Phone Numbers

Senior Information Line	764-6400
North Domingo Baca	764-6475
NDB 50+ Fitness Ctr.	764-6494
Barelas	764-6436
Bear Canyon	291-6211
Highland	256-2000
Los Volcanes	836-8745
Los Volcanes Fitness Ctr.	839-3710
Manzano Mesa	275-8731
North Valley	761-4025
Palo Duro	888-8102
Palo Duro Fitness Ctr.	880-2800



DSA

## 50+ Sports & Fitness Winter Sports

We offer many fun opportunities for enjoying winter outdoor sports in New Mexico. Try crosscountry skiing, snowshoeing, downhill skiing or even snowboarding!

For more information pick up a 50+ Sports and Fitness Catalog, or check online at <http://www.cabq.gov>, or call 880-2800

## Just some of the winter sports activities we have to offer:

### Winter Recreation Day Trips

Join us for one or more of our 4 weekly day trips featuring: Cross Country Skiing, Snowshoeing, Snowshoe 101, and Downhill Skiing.

**Palo Duro 50+ Sports & Fitness Center**  
 Trips begin Jan 8

### Winter Sports Lessons

We will be offering 4 all-day lessons including downhill slalom course, cross country beginning and intermediate skiing, and telemark skiing.

**Palo Duro 50+ Sports & Fitness Center**  
 Beginning first week of January

### Winter Sports Competitions

The Fantastic Freeze Fest, our popular 3-day Winter sports event, includes competitions in Cross Country Skiing, Downhill Skiing, Snowboarding, Snowshoeing, and Ice Hockey!

**Palo Duro 50+ Sports & Fitness Center**

### Snow Play at Valles Caldera National Preserve

A special trip is planned for cross country skiers and snowshoers to the Valles Calderas National Preserve in the Jemez Mountains. The beautiful preserve is comprised of almost 89,000 acres including the headwaters of both San Antonio Creek and the East Fork of the Jemez River.

**Palo Duro 50+ Sports & Fitness Center**  
**Day Trip: Saturday, February 9,**  
**8:00 am–5:00 pm**

**Moonlight Trip:**  
**Saturday, January 26,**  
**3:30–11:00 pm**

### Winter Sports Bunch: Overnight Trips

This club organizes out-of-town, overnight skiing and snowshoeing trips for 50+ adults.

For info: Wally Ross, [w20ross@aol.com](mailto:w20ross@aol.com) or Cindy McConnell at [cmconnell@cabq.gov](mailto:cmconnell@cabq.gov)



## Dance Classes

### Ballroom Dance

Social Ballroom Dancing levels 2 & 3.

**Highland, Room 8**  
**Saturday, 12:15–2:00 pm**  
 \$5/session, Fred Laureta  
 See center for dates



### Ballroom/Latin/Swing Dance: Intermediate

Continuation from the beginning class, with intermediate step patterns.

**Manzano Mesa**  
**Wednesday, 9:30–10:30 am**  
**Saturday, 11:30 am–12:30 pm**  
 Barbara Weiss, info 506-0049



DSA

## Dance to live music at the centers

### Afternoon Dances

Dance to top 40s, Spanish, country western, and oldies. Check the bulletin boards for our monthly listings of bands. \$2.50 per person

**Barelas, Country Club**  
**Friday, 1:30–4:30 pm**  
**Los Volcanes, Social Hall**  
**Thursday, 1:30–4:30 pm**  
 (\$3 admission on 4th Thursday)  
**North Valley, Social Hall**  
**Sunday, 1:30–4:30 pm**  
**Palo Duro, Mesquite**  
**Thursday, 6:30–9:30 pm**  
**Highland, Social Hall**  
**1st, 2nd, & 3rd Sat, 1:00–4:00 pm**

### Wise Women Belly Dance

Get in touch with your inner beauty while getting a good workout. This gentle approach to this ancient art form can be enjoyed by women of all ages, abilities, sizes and shapes.

**Manzano Mesa, Social Hall**  
**Thursday, 5:45–7:00 pm**  
 Amaya



### Clogging

“Clog” comes from a Gaelic word meaning time.

**Manzano Mesa, Social Hall**  
**Friday, 9:30–11:00 am**  
 Shirley Smith

### Dance and Movement for Parkinson's

Join in the musicality, rhythm, expression, inventiveness and sheer physical pleasure of dance. Customized for all abilities.

**North Valley, South Social Hall**  
**1st & 3rd Thursday, 2:00–3:00 pm**  
 Free to members with Parkinson's,  
 Joanie Carlisle



### Dinner Dances

Spend an elegant evening dining and dancing to live music. Various bands \$7.50 per person

**Los Volcanes, Social Hall**  
**Tuesday, January 22,**  
**Tuesday, April 30**  
**4:30–7:30 pm**  
**North Valley, Social Hall**  
**Tuesday, February 19**  
**Tuesday, May 21**  
**4:00–7:30 pm**  
**Barelas, Country Club**  
**Tuesday, March 26**  
**Tuesday, June 25**  
**4:30–7:30 pm**

Look for this logo for evening and weekend activities.



### Line Dancing

Love to dance but don't have a partner?

**Barelas, Social Hall**  
**Beginning: Virginia Garcia**  
**Friday, 12:45–1:30 pm**

**Highland, Social Hall**  
**Intermediate 1, Tuesday,**  
**1:30–3:30 pm**  
 Bise & Santistevan

**Los Volcanes, Social Hall**  
**Beginning, Tue, 9:15–10:15 am**  
**Tue, 10:20–11:30 am**  
**Intermediate, Jeanne Hendrix, \$1**  
**Thu, 9:00–10:00 am**  
**Thu, 10:00 am–11:00 am**

**Manzano Mesa, Social Hall**  
**Beginning, Wed, 1:30–3:00 pm**  
**Intermediate, Wed, 3:00–4:30 pm**  
 Georgette Smith  
**Intermediate II, Fri, 1:30–3:00 pm**  
**Advanced, Fri, 3:00–4:30 pm**  
 Wylene Santistevan

**N. Domingo Baca, Social Hall**  
**Beginning, Thu, 1:00–2:15 pm**  
 Mary Garcia

**Intermediate, Tue,**  
**5:45–7:30 pm**  
 Georgette Smith

**North Valley, South Social Hall**  
**Beginning, Mon, 1:00–2:00 pm**  
 Clarida Hall

**Palo Duro, Mesquite**  
**Advanced, Mon, 1:30–00 pm**  
**2nd, 3rd, & 4th Sat, 10:30–12:00**  
**Beginning, Monday, 3:15–4:30 pm**  
**2nd, 3rd, & 4th Sat, 9:00–10:30 am,**  
 K.Tidy



### Square Dancing

Enjoy the timeless tradition of Square Dancing.

**Palo Duro, Mesquite**  
**Wednesday, 1:00–3:00 pm**  
 Carol Champion

Call the host  
center to reserve.

## Fitness/Exercise

### Fitness/Exercise

Taught at the University of NM Therapeutic Pool (92 degree water), participants are led through a series of range of motion exercises. Pre-registration required through the Sports & Fitness Centers. (The Multi-generational Centers will NOT be transporting clients.)

**Session 1: Mon, Wed, Fri,**  
**9:00–10:00 am**  
 \$12/month. (3 classes/wk) donation,  
 50¢ for transportation  
 (Provided from all 6 Senior Centers)

**Session 2: Mon, Fri, 1:00–2:00 pm**  
 \$8/month (2 classes/wk.) donation,  
 50¢ transportation  
 (Provided from all 6 Senior Centers)

**Session 3: Tue, Thu, 9:00–10:00 am**  
 \$8/month (2 classes/wk.) donation,  
 50¢ transportation  
 (Provided from Palo Duro 50+ Sports  
 & Fitness Center and varied  
 Mealsites)

### Aerobics

These low impact aerobics classes are for beginners to advanced exercisers, everyone works at their own pace.

**Barelas, Country Club**  
**Tuesday, Friday, 9:15–10:15 am**

**Highland, Social Hall**  
**Mon, Wed, Fri, 8:45–9:45 am**

**Los Volcanes**  
**50+ Fitness Center, Aerobic Room**  
**Mon, Wed, Fri, 8:00–9:00 am**

**Manzano Mesa, Social Hall**  
**Mon, Wed, 8:15–9:15 am**

**Palo Duro, Mesquite Room**  
**Mon, Wed, Fri, 8:15–9:15 am**

**N. Domingo Baca, Social Hall**  
**Mon, Wed, Fri, 8:05–8:50 am**

### Albuquerque Air Jump

Albuquerque Air Jump Rope is a performance and competitive jump rope sports team, dedicated to promoting physical fitness through jump rope as a lifetime sport and to fostering confidence, discipline, responsibility, and leadership. Open to all ages.

**N. Domingo Baca, Social Hall**  
**Every other Friday,**  
**6:00–7:00 pm**



Class Sizes Are Limited • Most classes require reservations and payment to the instructor at the first class.

## Fitness/Exercise

### Body Fat vs. Muscle

The goal for optimal health is reducing body fat while increasing muscle. Visit us for a free assessment.



**Los Volcanes 50+ Sports & Fitness Center**  
3rd Wednesday, 8:00 am–7:00 pm

**Manzano Mesa, 18+ Fitness Room**  
2nd Wednesday, 11:00 am–6:00 pm

**N. Domingo Baca, 18+ Sports & Fitness Center**  
4th Wednesday, 8:30 am–1:30 pm,  
2:00–7:00 pm

**Palo Duro 50+ Sports & Fitness Center**  
1st Wednesday, 8:00 am–7:00 pm

### Community Meditation

Start your day by joining like-minded people for a group meditation and chant an ancient sound. Open to all. Benefits may include: Greater sense of well-being, stress relief and more harmony with life.

**Highland, Room 8**  
2nd Friday, 10:00–11:00 am  
Jan Eggers

### EnhanceFitness

Improve balance, flexibility, bone density, coordination, endurance, alertness, strength and help with fall prevention, in this evidence-based senior fitness class. A base-line assessment will be conducted at the start and you will be pleased with the gains you have made at the 16-week assessment.

**North Valley, South Social Hall**  
Monday, Wednesday, Friday,  
9:00–10:00 am  
Karen Shore

**N. Domingo Baca, Social Hall**  
Monday, Wednesday, Thursday  
10:10–11:10 am  
Kathy Weaver

### Feldenkrais Method

Awareness through Movement. It is the elements within each movement that determine quality, fluidity, power, coordination and elegance. Be prepared to experience, experiment, and explore with moving yourself. Please bring a mat or blanket.

**N. Domingo Baca**  
Thursday 6:00–7:00 pm  
\$10/class, Steve Mulvihill



### Feldenkrais Group (chair)

The path toward elegant, coordinated, balanced movement. No pain and No strain movement education while sitting on a chair.

**Palo Duro, Mesquite Room**  
1st, 2nd, 4th, Thursday,  
10:00–11:00 am  
\$5/class, Mulvihill

### Fitball for Beginners

Come and see how exercise on a fitball will strengthen and tone all muscle groups. Class is dependent on interest. Let us know if you want to dedicate an hour to make a positive impact to your fitness.

**N. Domingo Baca**  
Day & Time TBD  
Wayne King

### Fitball

Target core muscles with stabilizing and balance exercises. Increase strength, sculpt, and tone.

**Los Volcanes 50+ Sports & Fitness Center, Aerobic Room**  
Monday, Friday 10:30–11:30 am

**Manzano Mesa, Gym**  
Tuesday, Thursday, 8:15–9:15 am  
Janet Porter, Nancy Misred

**Manzano Mesa, East Social Hall**  
Friday, 4:45–5:45 pm  
\$2.50, Ann Owens



### Flex & Tone

Elongate and strengthen your muscles, increase flexibility, improve posture and develop a strong core.

**Highland, Social Hall**  
Tuesday, Thursday, 8:15–9:15 am

**Los Volcanes 50+ Sports & Fitness Center, Aerobics Room**  
Tuesday, Thursday, 8:00–9:00 am

**Manzano Mesa, Gym**  
Tuesday, 8:15–9:15 am

**N. Domingo Baca, Social Hall**  
Tuesday, Thursday, 8:05–8:50 am

**North Valley, Social Hall South**  
Tuesday, Thursday 12:00–1:00 pm

**Palo Duro, Mesquite Room**  
Tuesday, Thursday, 8:00–9:00 am

Online at: [www.cabq.gov/seniors](http://www.cabq.gov/seniors)



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### Gentle Exercise

Done mostly in a chair we use weights, balls and bands to focus on strength building with resistance.

**Barelas, Country Club**  
Tuesday, Friday, 10:15–10:45 am

**Highland, Social Hall**  
Monday, Wednesday, Friday  
9:30–10:30 am

**Los Volcanes 50+ Sports & Fitness Center, Aerobic Room**  
Monday, Wednesday, Friday  
9:15–10:15 am, 11:45 am–12:45 pm

**Manzano Mesa, Gym**  
Monday, Wednesday, Friday  
9:30–10:30 am

**Palo Duro, Mesquite Room**  
Monday, Wednesday, Friday  
9:30–10:30 am

**N. Domingo Baca**  
Monday, Wednesday, Friday  
9:15–10:15 am, 10:30–11:30 am

### Get Moving Aerobics

Join this group fitness cardio class, which incorporates high and low impact choices in an effective workout to burn more fat, use calories, and meet your fitness goals.

**Manzano Mesa, Social Hall**  
Mon, Wed, 5:00–6:00 pm  
\$2.50 or \$20/month, Ann Owens



### Kettlebells

Kettlebells offers functional exercises using dynamic moves targeting every aspect of fitness—strength, agility, balance, flexibility and cardio endurance—challenging, efficient and fun!

**N. Domingo Baca**  
Date & Time TBA  
\$125 plus tax, Heidi Rothenberg,  
Certified Kettlebell Instructor

### Pilates



Learn the value of core stabilization, muscle balance and proper alignment while integrating the concept of mindfulness, fluidity and grace.

**North Valley, Social Hall South**  
Tuesday, 5:45–6:45 pm  
\$3, Karen Shore

**Palo Duro, Cottonwood**  
Wednesday, 5:30–6:30 pm  
\$3, Karen Shore

**Palo Duro 50+ Fitness Center**  
Pilates Reformer Machine Training  
Call 880-2800 for class schedule

### Dance Fusion Fitness

Experience the delight of Dance, the gratification of a workout and the serenity of Meditation with this holistic dance fitness program. Dance Fusion Fitness is a blend of athletic dance movements, martial arts and yoga. No experience is required.

**Highland, Social Hall**  
Wednesday, 5:45–6:45 pm  
Peggy McLain, RN



### Salsarobics

Spice up your workout with this energetic, fun and sizzling workout; learn the fundamentals of Latin dance such as Salsa, Merengue, Bachata, Brazilian Samba and always sexy Cha Cha. Fitness shoes or Dance shoes required.

**Los Volcanes, Social Hall**  
Thursday, 6:00–7:00 pm  
Saturday, 9:00–10:00 am  
\$3, Elena Valencia



**N. Domingo Baca, Social Hall**  
Tuesday, Friday, 10:10–11:10 am  
\$3/class, Jalum Armazanduk



## Fitness/Exercise

### Salsa ETC.

This is low impact workout using Latin dance moves—Salsa, ChaCha and Merengue, and some swing dance steps may be used as well.

**Los Volcanes Fitness Center**  
Tuesday, Thursday, 4:15–5:15 pm  
\$2/per class, Connie Salus



### Zumba

Zumba fuses Latin rhythms and easy-to-follow moves to create a fitness program that will blow you away.

**Barelas, Country Club**  
Monday, Wednesday, 10:30–11:30 am  
\$2, Gail Gottlieb

**Highland**  
Tuesday, Thursday, 2:00–3:00 pm  
Gail Gottlieb

**Manzano Mesa, East Gym**  
Saturday, 11:45 am–12:45 pm  
\$2, Jalum



Thursday, 6:00–7:00  
\$2, Jalum Armazanduk

**N. Domingo Baca, Social Hall**  
Monday, 9:00–10:00 am  
\$1, Kristin Gentry

**N. Domingo Baca, Social Hall**  
Monday, Tuesday, 4:30–5:30 pm  
Wednesday, 5:30–6:30 pm  
Friday, 4:45–5:45 pm  
Saturday, 9:00–10:00 am  
\$5, Marian Tarin



**N. Domingo Baca, Social Hall**  
Saturday, 1:00–2:00 pm  
\$3, Jennifer Sternhagen



**N. Domingo Baca, Social Hall**  
Tuesday, 4:30–5:30 pm  
\$3, Jalum Armazanduk



### Zumba Gold

This class is designed for the active older adult. It fuses Latin rhythms and easy-to-follow moves to create a fitness program that will blow you away.

**Highland, Room 8**  
Tuesday, 2:00–3:00 pm  
\$1, Gail Gottlieb

**Los Volcanes 50+ Sports & Fitness Center, Aerobic Room**  
Tuesday, 5:30–6:30 pm  
\$3/class, Julie Stoffler



**Manzano Mesa, Gym**  
Monday, Wednesday, 10:45–11:45 am  
\$1, Cheryl

**N. Domingo Baca, Social Hall**  
Tuesday, Thursday, 9:00–10:00 am  
\$1, Cheryl Halladay  
Wednesday, 9:00–10:00 am  
\$3, Jen

**N. Domingo Baca, Social Hall**  
Friday, 9:00–10:00 am  
\$1, Kristi

**North Valley, Room 1 & 2**  
Tuesday, 5:30–6:30 pm  
\$2 per class  
Kristin Gentry



### Zumba Gold Toning

This class is specially designed for the active older adult. You will use fast and slow rhythms and resistance training to tone and sculpt your body and burn fat.

**Highland, Social Hall**  
Thursday, 2:00–3:00  
\$1, Gail Gottlieb

**Manzano Mesa**  
Friday, 8:00–9:00 am  
\$1, Dee Williams

## Manage Your Chronic Disease (MyCD) Program Workshop

If you have (or care for someone with) a chronic health condition such as diabetes, arthritis, high blood pressure, heart disease, chronic pain, anxiety, or other long-term health condition, this is the workshop for you. Learn from specially trained group leaders with chronic health conditions themselves. Set goals and make a step-by-step plan to improve your health and your life. Put Life Back Into Your Life.



Free 6-week workshop  
2 1/2 hour meetings  
ALL MyCD Programs are  
Free of Charge

For more information visit:  
<http://www.arthritisnm.org/myCD-program.html>

**Palo Duro, Ponderosa**  
Thursday, 1:00–3:30 pm  
Jan 17–Feb 21, Mar 14–Apr 18,  
May 16–Jun 20

**N. Domingo Baca**  
Wednesday, 1:30–4:00 pm  
Jan 2–Feb 6, Mar 13–Apr 17,  
May 15–Jun 19

**Los Volcanes 50+ Sports and Fitness Center**  
Tuesday, 1:00–3:30 pm  
Jan 15–Feb 19, Mar 12–Apr 16,  
May 7–Jun 11



Most classes require reservations and payment to the instructor at the first class. Call the host center to reserve.



Chill out with us at Manzano Mesa's

# WATER SPRAYGROUND

## Manzano Mesa Multigenerational Center

Opens After Memorial Day • M–F 11am–3pm  
Information: 275-8731



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## Weight Training

### Weight Training Orientations

Get more energy and increase muscle tone and bone density! Sleep and feel better! Attend a free orientation and learn the fundamentals of weight training.

**Los Volcanes**  
50+ Sports & Fitness Center  
Appointment: 839-3710

**Manzano Mesa**, Fitness Room  
Appointment: 275-8731 X232

**N. Domingo Baca**, Fitness Room  
Appointment: 764-6496

**Palo Duro 50+**  
Sports & Fitness Center  
Appointment: 880-2800

### Fitness Facilities

Our fitness facilities are equipped with strength training and cardio equipment. A \$13 per year membership fee entitles you to full privileges. There is a contribution of 50¢ per visit. Free equipment orientations are available by appointment.

**Palo Duro 50+**  
Sports & Fitness Center  
880-2800, 3351 Monroe, NE

**Los Volcanes 50+**  
Sports & Fitness Center  
839-3710, 6500 Los Volcanes, NW

**Manzano Mesa**, Fitness Room  
275-8731, 501 Elizabeth, SE  
(18 years of age and older)

**N. Domingo Baca**  
18+ Sports & Fitness Center  
764-6496, 7521 Carmel, NE  
(18 years of age and older)

**Barelas**, Pacific Room  
764-6436, 714 7th Street, SW

**Los Volcanes**  
836-8745, 6500 Los Volcanes, NW

**North Valley**  
761-4025, 3825 Fourth Street, NW  
small fitness room with cardio equipment. Free for members.

### Basics with Free Weights

For novice weight trainers. Learn safe free weight lifting techniques to be used with or without workout machines to provide variety in reaching fitness goals.

**Los Volcanes 50+**  
Sports & Fitness Center  
Call 839-3710 for schedule

### Back on Track

Change up your workout with this total body-conditioning workout incorporating cardio, strength training and core conditioning—burn fat, gain strength, build lean muscle mass, and improve cardio endurance.

**Palo Duro 50+**  
Sports & Fitness Center  
Tuesday, Thursday, 5:45–6:45 pm  
6-week sessions, TBA  
\$40 plus tax/1 class a week,  
\$75 plus tax/2 classes a week  
Jacquie Davis

### Weight Training Group Class

Six-week, group weight training class. Call the instructor or 880-2800 for class schedule.

**Palo Duro 50+**  
Sports & Fitness Center  
\$150/6 weeks, Aaron Bubbico, ACE  
certified Personal Trainer 264-7341

**N. Domingo Baca**  
Multigenerational Center  
TBA



Look for this logo for  
evening & weekend activities

## Self Defense

### Self Defense

#### Aikido

Join instructor Charles Watkins, (505) 920-4180 in this non-aggressive style of martial arts working on the principle “do not fight force with force” redirect the attacker’s energy and use it to your favor.

**Los Volcanes 50+ Sports & Fitness Center**, Aerobics Room  
Wednesday, 5:30–6:45 pm

**Manzano Mesa**, Room varies  
Tuesday, 7:00–8:30 pm

**N. Domingo Baca**, Room varies  
Thur, 4:30–5:30 pm

5:30–7:00 pm (Women’s)

Friday, 6:00–7:00 pm

Sat, 9:00–10:30 am, 10:30–11:45 am  
\$4 or \$45/month

**N. Domingo Baca**, Exercise rm., upstairs  
Begins Jan 8, Tues, 6:00–7:15 pm  
\$4/class

#### Aikido Weapons

Bokken (sword), Jo (staff)

**Manzano Mesa**, Room varies  
Tuesday, 7:00–8:30 pm

**N. Domingo Baca**,  
Exercise room, upstairs  
Starting January 5  
Saturday, 10:30–11:45 am  
Tuesday, 7:30–8:30 pm  
\$4 or \$45/month, Charles Watkins

#### Arnis: Filipino Martial Arts (Stick Fighting)

Filipino Martial Arts used as a self-defense system with the use of weapons from the very beginning of training. The primary weapon is a rattan stick. Single and double stick techniques are taught.

**N. Domingo Baca**, TBA  
Every other Tuesday, 6:15–7:15 pm  
Julius Somera

#### All-Star Youth Karate

For ages 4–15, martial art techniques, emphasizing self-defense and child safety awareness is covered.

**Manzano Mesa**, East Social Hall  
Wednesday, 6:00–9:00 pm  
Mistie Gallegos, register: 899-1666

**N. Domingo Baca**, Social Hall  
Thursday, 6:00–8:00 pm  
Mistie Gallegos, 899-1666



#### Kendo Kai

A Japanese martial art of fencing.

**Manzano Mesa**, East Social Hall  
Friday, 6:00–8:00 pm  
Davis Begay, 293-2322

**N. Domingo Baca**, Social Hall  
Wednesday, 7:00–8:45 pm  
Davis Begay

#### Taekwondo

Traditional and olympic-style taekwondo training focused on improved physical strength and stamina, better focus and concentration, greater self-discipline, competency in self-defense and increased self-confidence. Classes will be led by Master Instructor, former National Champion & Team Captain at the US Olympic Training Center—David Martin

**N. Domingo Baca**, Varies  
Monday & Thursday, 7:15–8:15 pm  
Tuesday, 7:45–8:45 pm  
Individual, group, and family rates,  
contact for details, David Martin,  
accelerationcoaching@gmail.com

#### Iron Olympian Karate

Develop physical strength, discipline, balance, coordination and self-esteem. Class includes breakaway techniques and safety awareness.

**Manzano Mesa**, Room 3  
Tuesday, Wednesday, 6:00–8:00 pm  
Chris Nowak

#### Over 40: Self Defense

Class is geared to help adults protect themselves against attackers. Learn to be more attentive to your surroundings.

**N. Domingo Baca**, Exercise rm., upstairs  
Begins: January 9, Wednesday,  
5:30–7:00 pm  
\$5/class, Jo Hotle

#### Personal Defense Club, Close Quarter Combat

A place to learn, teach and practice personal fighting skills—not associated with any traditional Asian art or sport.

**Manzano Mesa**, Room 4  
Tuesday, 7:30–9:00 pm  
\$10/month, Dr. Sean Ross



## T'ai Chi

### T'ai Chi

#### Earth Spirit Qi Gong

Is a health cultivation system from China. It is enjoyed regularly for health, longevity and tranquility. The flowing postures and deep breathing vitalize the body and promote mental clarity.

**Los Volcanes, Room 2**  
**Thursday, 4:00–5:00 pm**  
\$5, Sifu Ty Beh



#### T'ai Chi Ch'uan

Beautiful, gentle, flowing movements improve balance, lower high blood pressure, increase bone density and cultivate Chi, or internal energy. Call Sifu Ty 620-1889 for more information. All classes listed have a suggested donation of \$5/class.

**North Valley, Room 1 and 2**  
**Monday, 9:30–10:30 am**  
Master Dug Corpolongo

**Manzano Mesa, Room 4**  
**Tuesday, 9:30–10:30 am**  
Master Dug Corpolongo

**Los Volcanes, Room 2**  
**Tuesday, Thursday, 3:00–4:00 pm**  
Sifu Ty Beh

**Barelas**  
**Wednesday, 9:30–10:30 am**  
Master Dug Corpolongo

**Highland, Room 8**  
**Thursday, 9:30–10:30 am**  
Master Dug Corpolongo

**Palo Duro Ponderosa Pine Room**  
**Friday, 9:30–10:30 am**  
Sifu Ty Beh  
(Not meeting 1st Friday)

**N. Domingo Baca, Community Room**  
**Friday, 11:30 am–12:30 pm**  
Sifu Ty Beh

### T'ai Chi Chih

Easy, gentle movements that balance the internal energy (Chi). It is often called a “moving Meditation” and the benefits of this practice can include improved balance, flexibility, stamina, and regulation of stress, blood pressure and weight.

**Palo Duro, Aspen Room**  
**BEGINNING Wed, 4:30–5:30 pm**  
**CONTINUING Wed, 5:45–6:45 pm**  
**Jan 8–Feb 27; Mar 13–May 1;**  
**May 8–June 26;**

\$60/8 weeks, Ellen Tatge, certified inst.

**Manzano Mesa**  
**Tuesday, 5:30–6:30 pm**  
\$60/8 weeks, payable at first class  
Eileen Devine, 281-9731 to register



### Nia Technique

The Nia Technique draws inspiration from the dance arts, martial arts and healing arts for a cardiovascular, aerobic, fun and challenging workout. Dancing is done in bare feet.

**Highland, Room 8**  
**Thursday, 11:15 am–12:15 pm**  
**Saturday, 10:15–11:15 am**  
\$7 or \$30 for a 5-week class card  
Michele Diel

**Palo Duro, Aspen**  
**Thursday, 3:15–4:15 pm**  
\$7 or \$30/5 classes, Diel



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## Yoga

### Yoga

#### Yoga, Chair

Focus on alignment, breath, relaxation and core awareness by increasing strength, flexibility, mobility and building bone density.

**Los Volcanes, Room 10**  
**Friday, 10:00–11:00 am**  
\$5, Maebi Richardson

#### Gentle Yoga

For anyone new to yoga or desiring a slower paced class. Relaxation, breathing, and simple meditations will be explored and support equipment will be used. Increase range of motion and muscle tone.

**N. Domingo Baca, TBD**  
**Monday, Friday, 9:00–10:00 am**  
\$5, Marcy Covert

#### Basics/Beginning Yoga

Class focus is on precise alignment while building a pose, finding the ease in your pose as you build strength and flexibility.

**Manzano Mesa, East Social Hall**  
**Monday, 6:15–7:15 pm**  
\$25/month, Ann Owen



### Yoga

Improve posture and core strength, as well as reduce lower back pain and increase muscle flexibility.

**Barelas**  
**Monday, Thursday, 9:15–10:45 am**  
Dolly Sanchez

**Highland, Room 7**  
**Wednesday, 1:15–2:45 pm**  
Dan Nestor

**Los Volcanes 50+ Sports & Fitness Center, Aerobics Room**  
**Saturday, 8:00–9:30 am**  
\$3, Kathy Crisp

**Manzano Mesa, East Social Hall**  
**Monday, 6:15–7:00 pm**  
\$25/month, Ann Owen

**N. Domingo Baca, Classroom 1**  
**Monday, 9:00–10:00 am,**  
**5:45–6:45 pm**  
**Wednesday, 8:00–9:00 am**  
**Friday, 9:00–10:00 am, 1:00–2:00 pm**  
**Saturday, 12:00–1:00 pm**

### Yoga, Hatha

Gentle yoga with an emphasis on stretching and breathing.

**Los Volcanes, Room 2**  
**Monday, 2:00–3:00 pm**  
\$5, Maebi Richards

## HIKING

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## Yoga continued

### Hatha Yoga Plus

(plus core body-work)

**Manzano Mesa, Room 5**  
**Friday, 9:00–10:00 am**  
 Janet Porter

**Hatha Yoga Qi Gong**  
**Manzano Mesa, Room 5**  
**Wednesday, 9:00–10:00 am**  
 Dee Cappelle

**N. Domingo Baca, varies**  
**Monday, 5:45–6:45 pm**  
**Saturday, 11:50 am–12:50 pm**



**North Valley, Room 1 & 2**  
**Tuesday, Thursday, 3:00–4:00 pm**  
 \$3, David Plummer

### Yoga-Kundalini

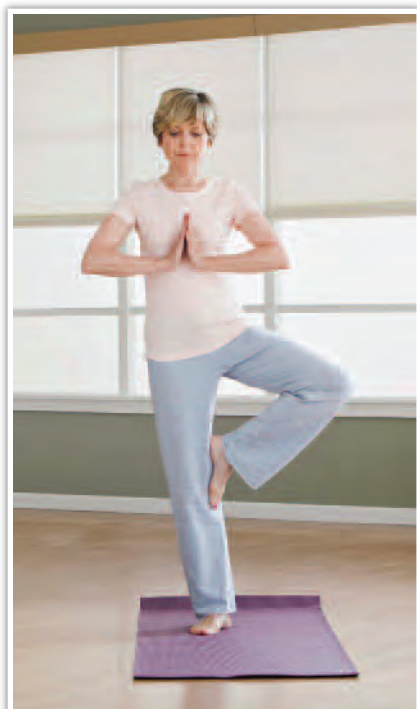
Kundalini, an electric, fiery, occult life force, is a spiritual power that brings in energy, expands the mind and opens new thinking.

**Manzano Mesa, Room 4**  
**Wednesday, 10:00–11:00 am**  
 Sueshila Stubbe

### Laughter Yoga

This class combines unconditional laughter with yogic breathing (prana-yama). Laughter is simulated as an exercise in a group with eye contact and childlike playfulness—soon turning into real and contagious laughter.

**Los Volcanes, Room 2**  
**Saturday, 10:00–11:00 am**  
 \$5, Maebi Richards



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### Yoga, Dahn

Dahn Yoga is the yoga of stress relief. Increase flexibility, improve breathing patterns and concentration. Through committed practice class members can also manage problems with weight and pain.

**Los Volcanes, Room 2**  
**Thursday, 2:00–3:00 pm**  
 \$5, Lynn Alexander

**N. Domingo Baca, Group Exercise Room (Upstairs)**  
**Starting Fri, January 4, 1:00–2:00 pm**  
 \$5, Lynn Alexander

**North Valley, Social Hall South**  
**Tuesday, Thursday, 3:00–4:00 pm**  
 \$3, David Plummer

**Palo Duro, Aspen**  
**Monday, 9:00–10:00 am**  
 \$5 Alexander

### Vinyasa Yoga

Synchronize breath and movement to bring strength, flexibility, and energy into the body while calming the mind in fun, relaxed environment.

**N. Domingo Baca, Community Room**  
**Wednesday, 8:00–9:00 am**  
 Douglas Neal

### Other Classes

#### Brain Fitness Yoga

Attend this 8-week brain fitness course and recover your mental sharpness, clarity, concentration. Have fun learning and practicing the 6th healthy habits of brain fitness.

**Los Volcanes**  
**Wednesday, 9:00–10:00 am**  
 \$5, Lynn Alexander  
 Begins July 12

### Chair Massage

Alleviate those aches and increase circulation and relieve tightness.

**Los Volcanes, Social Hall**  
**Every Friday, 8:00–10:00 am**  
 \$1 per minute  
 Josh White, LMT 5182

**Palo Duro 50+**  
**Sports & Fitness Center**  
 Call 880-2800

**Los Volcanes 50+**  
**Sports & Fitness Center**  
 Call 839-3710

### Reflexology

Applying pressure to specific areas on our feet that correspond to our nervous system's organs and glands can help reduce pain, improve circulation, provide full body relaxation promote detoxification and improved gland and organ function.

**Los Volcanes, Room 9**  
**Tuesday, 1:00–3:00 pm**  
 Pamela Olson



## Calling All Boomers!

**Lead.  
Inspire.  
Change the World,  
Again.**

**Volunteer Today!!**  
 Call the RSVP Program  
**764-1616**



# Groups & Clubs

## Acting

### Rio Grande Players

This group welcomes seniors with an interest in theatre, no experience needed. Participate on and off stage.

Palo Duro, Aspen  
Tuesday, 2:15–4:30 pm

### Vintage Players

Members read and perform monologues, readings, skits, one act plays and original material.

Manzano Mesa, Room 3  
1st Saturday, 10:00 am–12:00 noon  
Janet Porter

### Albuquerque Senior Theatre

Audition and rehearse for local plays.

N. Domingo Baca, Community Rm.  
Wednesday  
4:00–6:00 pm

### Highland Readers Theater

Audition and rehearse for local plays.

Highland, Room 7  
Tuesday, 3:15–5:00 pm

## Arts and Crafts

### Artist Series

Highland, Room 1  
Monday, 9:30–11:30 am

### Project Linus

A sewing get together to make blankets for Project Linus, which are given to children in hospitals, homeless shelters and abused children.

Manzano Mesa, Social Hall  
2nd Saturday, 9:00 am–12:00 noon  
Highland, Room 3  
Monday, 9:00–11:00 am

### NM Polymer Clay

N. Domingo Baca  
2nd Saturday, 12:00–3:00 pm

### Westside Painting Group

Los Volcanes, Room 4  
2nd Saturday, 10:00 am–1:00 pm

## Auto and RV Clubs

### Corvairs of New Mexico

A 37 year charter member of the Corvair Society of America, we meet to plan activities, talk mechanical issues and participate in social and charitable events.

N. Domingo Baca  
1st Wednesday, 7:00–8:30 pm  
Larry Yoffee

### Aristocrat Social Club

Highland, Room 8  
1st Wednesday, 1:00–4:00 pm

## Book and Discussion

### Bible Basics

Join in the fun discovering the Bible.

Los Volcanes, Room 1  
Tuesday, 9:30–11:30 am  
Aranda, Balboa, Ramirez  
North Valley, Room 3  
Thursday, 9:30–10:30 am  
Rev. Chavez

### Bible Study

Explore ways to relate unchanging truths to life today. Open to all ages, faiths, and interest—sit in for any or all studies. Scripture portions are printed out for participants.

N. Domingo Baca, Community Rm.  
Wednesday, 9:15–10:15 am  
John Embery

### Women’s Bible Discussion

Manzano Mesa, Room 4  
Tuesday, 11:00 am–1:00 pm

### History of the Bible

In this nondenominational class, we will be looking into Bible history, and how to study the Bible.

Barelas, Stover  
Wednesday, 9:30–11:00 am  
Bruce Leonard  
N. Domingo Baca, Classroom 1  
Thursday, 11:00 am–12:00 pm  
Bruce Leonard  
Highland, Room 3  
Wednesday, 5:30–6:30 pm  
Bruce Leonard

### Bible Discussion

Manzano Mesa, Room 4  
Thursday, 10:00–11:00 am

### Bilingual Bible Study

This study includes mariachi gospel music. Join us as we study scripture together in English and Spanish.

Barelas, Lead/Coal  
Thursday, 11:00 am–12:00 pm  
Julian Padilla  
North Valley, SH-S  
Monday, 10:30–11:30 am  
Julian Padilla

### Open Topic Discussion Group

Discuss ideas, values and problems of the times. Occasionally, guest speakers are invited.

Palo Duro, Aspen  
Thursday, 1:00–3:00 pm  
Zahnle

### Mystery & Audio Book Club

A title is announced at each meeting and discussed the following month.

Palo Duro, Ponderosa Pine  
2nd Tuesday, 1:30–2:30 pm  
Rankin

### The Novel Etc. Book Club

Highland, Room 8  
2nd Saturday, 2:30–4:00 pm

### Significant Aging “The Greatest Show on Earth”

This guided, interactive book club hosts discussions based on the mind, body, and spiritual aspects of aging.

N. Domingo Baca  
Call for dates  
Geraldine Crippen

## Community Groups

### Colonial Park Association

Palo Duro, Piñon  
Wednesday, 5:45–6:30 pm  
Jan 16, Mar 20, May 15

### Valle Del Canto Home-Owner’s Association

Los Volcanes, Room 2  
1st Thursday, 5:30–6:30 pm

ABC Libraries  
also has book clubs!  
See Page 35

### Los Alamos Neighborhood Association (LAANA)

Protects property values and promotes the continued proper land use in the Los Alamos Subdivision.

North Valley, Social Hall  
Times and dates TBA  
Mary Turpin

## Dance

### Square Dancing Group

Palo Duro, Mesquite  
Wednesday, 1:00–3:00 pm  
Champion

## Family

### Reclaiming Families

This community outreach project seeks to engage children of working refugee families in meaningful activities.

Manzano Mesa, Room 5  
2nd & 4th Monday, 6:30–7:30 pm  
Nkazi Sinandile

## Music

### Accordion Group

Open to members who play the accordion of all levels.

Palo Duro, Aspen  
Friday, 9:00–11:00 am  
Hendley  
Palo Duro, Aspen  
3rd Saturday, 11:00 am–1:00 pm  
Hendley  
N. Domingo Baca, Community Rm.  
3rd Saturday, 1:00–3:00 pm  
Dan Wright

### Choralaires

No musical training is required. Group also performs at community venues.

Palo Duro, Cottonwood  
Monday, 9:00–11:00 am  
Artery

## Groups and Clubs, continued

### Community Drum Circle

These intergenerational community music-making events require no drumming or musical experience, just a willingness to have some fun and play! Minimum age 8 years old. Children must be accompanied by participating adult.

**Manzano Mesa, Room 4**  
**3rd Friday, 7:00–8:45 pm**  
 \$8 Adults, \$6 Seniors, \$4 Youth 8–17  
 Giselle Felicia Vivian



### Guitar Group

For those who can play guitar in the keys of C-D-G-etc. Also, other instruments are welcome. It is helpful if you can sing, but not necessary. You need your own instrument and music stand. We welcome musicians, amateurs and professionals.

**North Valley, Social Hall**  
**Tuesday, Friday, 10:00–11:45 am**

### Karaoke

Do you like to dance, do you like to sing? Maybe you can be a North Valley Karaoke King or Queen.

**North Valley, SH**  
**Alternate Thursday, 10:00–11:00 am**

### Music with Joe

Listen and dance to a variety of music.

**North Valley, SH-S**  
**Every other Thursday**  
**10:00–11:00 am**

### Piano Music

Piano music for your enjoyment.

**North Valley, SH**  
**Thursday, 11:00 am–12:00 noon**

### Highland Harmonizers

**Highland, Room 7**  
**Wednesday, 10:00 am–12:00 pm**

### Highland Hi-Toners

**Highland, Room 7**  
**1st, 2nd & 3rd Friday,**  
**10:30 am–12:00 pm**

### Jug Band Practice

**Palo Duro, Juniper**  
**Monday, 11:30 am–1:00 pm**  
 Homer

### Mariachi Group

**Barelas, Lead & Coal**  
**Friday, 3:00–4:00 pm**

### Palo Duro Band Practice

For members who play an instrument.

**Palo Duro, Aspen**  
**Friday, 1:00–2:30 pm**  
 Denhollander

### Sing-A-Long

Join us for an afternoon of singing! Accompanied by 2–3 guitarists, this group sings a variety of songs.

**Manzano Mesa, Room 4**  
**Tuesday, 1:00–2:15 pm**  
 Richard Mabry

### Alb. Recorder Orchestra

**Palo Duro, Piñon**  
**Saturday, 10:00 am–12:00 pm**  
 Hale or Shaw



### Other Interest Groups

#### Albuquerque Tea Party

We report on and plan non-partisan activities such as registering voters and educating participants on issues and candidate positions. ABQ Tea Party is non-partisan and does not exclude anyone because of party affiliation, religion, race, etc.

**N. Domingo Baca**  
**Tuesday, 6:30–8:30 pm**



#### Alb. Wildlife Federation

**Manzano Mesa, Room 3**  
**2nd Thursday, 6:00–8:45 pm**



#### Corvair Meeting

**Highland, Room 2**  
**Wednesday, 5:00–6:00 pm**



#### Libros Group

Bookbinding Study Group

**Manzano Mesa, Room 3**  
**1st Saturday, 9:00 am–12:00 noon**



**Dances Page 39**

### NM Railroad Assn. Div. 6

**N. Domingo Baca**  
**2nd Saturday, 12:30–3:00 pm**



### Philatelic Club

Join us for mixtures, the trading circuit and door prizes.

**Palo Duro, Ponderosa Pine**  
**Monday, 11:15 am–2:30 pm, Ellison**

### Rock Hound Club

**Palo Duro, Aspen**  
**Meetings: 1st and 3rd Thursday**  
**12:00 noon–1:00 pm**  
**Trips: 2nd and 4th Thursday**  
**8:15 am–4:30 pm, 5¢/mile, Harris**

### Softball Meeting

**Highland, Room 2**  
**2nd Friday, 9:30–11:00 am**

### Computer and Camera

#### Camera Club

Share photos, techniques, field trips

**Palo Duro, Ponderosa Pine**  
**2nd Friday, 10:00 am–1:00 pm**

### Investment

#### Invest in Debt

**Manzano Mesa, Room 5**  
**2nd Wednesday, 6:00–9:00 pm**



#### Investment Club

Club follows the NAIC program

**Palo Duro, Ponderosa Pine**  
**3rd Wednesday, 10:00 am–12:00 pm**

### Weight Loss

#### Weight Watchers

Learn how to stay full longer, so you can lose weight and keep it off.

**Los Volcanes, Social Hall**  
**Saturday, 9:30 am, weigh in**  
**10:00–11:00 am, meeting**  
 \$39.95 monthly pass, \$119 for 10 weeks of meetings, \$13 weekly fee



#### T.O.P.S. Take Off Pounds Sensibly

**Los Volcanes, Room 10**  
**Monday, 8:00–9:00 am, Dolly Degraff**

**Palo Duro, Aspen**  
**Monday, 11:45 am–1:00 pm, Eberting**

**Manzano Mesa, Room 5**  
**Friday, 10:00–11:30 am**

### Senior Issues

#### Grey Panthers

Grey Panthers brings together young, old, women, men, persons of all ethnic, racial and economic backgrounds for the promotion of social and economic justice. The Albuquerque chapter is part of the National Organization.

**Highland, Room 7**  
**4th Saturday, 1:00–3:00 pm**



#### NARFE Chapter 80

The National Association of Retired Federal Employees meets to preserve federal retirement and health benefits. Open to civilian employees, retirees, survivors and spouses with at least 5 years of federal government service.

**Palo Duro, Mesquite Room**  
**1st Saturday, 12:00–1:00 pm**

NARFE Board Meeting  
**Palo Duro, Mesquite Room**  
**1st Saturday, 10:00–11:00 am**  
 Mae



#### Retired Physicians Group

**Palo Duro, Ponderosa Pine**  
**Monday, 3:00–4:30 pm, Dr. Castillo**

### Social Networking

#### 45/80 Singles Group

**N. Domingo Baca**  
**3rd Thursday, 4:00–5:00 pm,**  
 Barbara Broussard



#### CBI Group

For Veterans of World War II who served in China, Burma or India.

**Palo Duro, Aspen**  
**Wednesday, Feb 27, Apr 24, Jun 26**  
**10:00 am–12:00 noon, Laben**

#### Cherokees of New Mexico

**Manzano Mesa, Room 4**  
**3rd Saturday, 12:00–3:00 pm**



**We offer a variety of Weight Training Classes**  
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## Groups and Clubs, continued

### Red Hat Society

Join your senior sisters across the nation and the world, and greet middle age with verve, humor and frivolity. The only criteria for joining are willingness to share and a red hat.

Los Volcanes, Room 1  
2nd Tuesday, 11:30 am–1:00 pm  
Cathy Gomez

Palo Duro, Aspen  
1st Saturday, 11:00 am–12:30 pm

Manzano Mesa, Social Hall  
3rd Thursday, 10:00–11:30 am

N. Domingo Baca  
1st Tuesday, 12:30–1:30 pm  
Barbara Broussard

### Society of Creative Anachronism

Monthly Citizen's Meeting. Hear what is happening.

Manzano Mesa, Room 5  
3rd Tuesday, 6:00–9:00 pm  
Greg Vickery

### Vietnamese Senior Assn.

Meet to visit and enjoy social contact with other Vietnamese and to take trips within the community.

Manzano Mesa, Room 4  
Saturday, 9:00 am–12:00 noon

### Outdoor Sports

#### Duke City Electric Flyers

R/C Electric Model Aircraft—if interested contact Greg at gwrullman@aol.com

N. Domingo Baca  
2nd Thursday, 7:30–8:45 pm

### Fishing Club

Fisherman and fisherwomen, join us for a lot of fun and camaraderie.

Los Volcanes, Room 2  
Trips: 2nd, 4th Thursday, 5:30 am  
April–October  
Michael Gallegos, Abram Lucero

Palo Duro, Mesquite  
Meetings: Thursday before trips  
11:30 am (Call Center for schedule)  
Trips: Every other Tuesday  
6:00 am–4:00 pm  
5¢ per mile, Francke

North Valley  
Trips: Tuesday, 6:00 am  
Meets: Monday, 11:00 am

### Travel Clubs

#### Albuquerque Travel Partners

We bring together lively seniors to discuss potential travel ideas.

Palo Duro, Piñon  
2nd and 4th Tuesday, 1:00–2:30 pm  
Patty

#### New Mexico Roadrunner Travel Club

N. Domingo Baca  
4th Wednesday  
6:00–7:00 pm



### Writing Groups

#### Senior Writing Group

Highland, Room 1  
Thursday, 1:00–3:00 pm

## Support Groups

Groups open to patients, families, and friends

#### ALZHEIMER'S AND DEMENTIA SUPPORT GROUP

Los Volcanes, Room 10  
2nd Wednesday, 5:30–7:00 pm

Palo Duro, Ponderosa  
2nd Wednesday  
5:30–6:45 pm

Los Volcanes, Room 2  
4th Thursday, 5:30–6:30 pm

#### ESSENTIAL TREMORS SUPPORT GROUP

Palo Duro, Ponderosa  
3rd Saturday  
10:00 am–12:00 pm

#### HUNTINGTON'S DISEASE SUPPORT GROUP

Palo Duro, Ponderosa  
2nd Saturday  
10:30 am–12:00 pm

#### MS SUPPORT GROUP

Palo Duro, Juniper  
2nd Monday, 2:00–4:00 pm

N. Domingo Baca  
3rd Thursday, 1:00–2:30 pm

#### OSTEOPOROSIS SUPPORT GROUP

Manzano Mesa, Room 5  
Thursday, Feb 9, May 10,  
Aug 16, and Nov 8

1:30–3:00 pm  
Osteoporosis Foundation of NM

#### DEAF SENIORS CITIZENS OF GREATER ALBUQUERQUE

Palo Duro, Cottonwood  
Thursday, 8:30 am–12:00 pm  
Otero

Come and celebrate New Mexico's diverse culture with us.....

# Noche de Oro

Join us for a "Night of Gold" on Saturday, May 4th 2013 at the National Hispanic Cultural Center. This new and exciting production celebrates the rich, ever evolving and absolutely unique culture of the American Southwest. World-class performances by Ballet en Fuego, Los Amigos, Antonio Reyna, Mariaches Raices de America, Cielo los Rumberos, Shelley Morningsong with Fabian Fontenelle and RW Hampton. Also enjoy dance workshops and APS student performances in the weeks leading up to the Noche de Oro event.



For more information, please visit [franceslujan.com](http://franceslujan.com) or [www.cabq.gov/seniors](http://www.cabq.gov/seniors)

See page 33  
for more information







Check out the  
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Program!  
...  
880-2800



### A SENIOR I KNOW ESSAY CONTEST

30 teachers and students to be  
honored by Mayor Richard Berry and  
APS Superintendent Winston Brooks.

Entry deadline:  
February 15, 2013

Information for  
participating at  
[cabq.gov/seniors](http://cabq.gov/seniors)  
and [aps.edu](http://aps.edu)



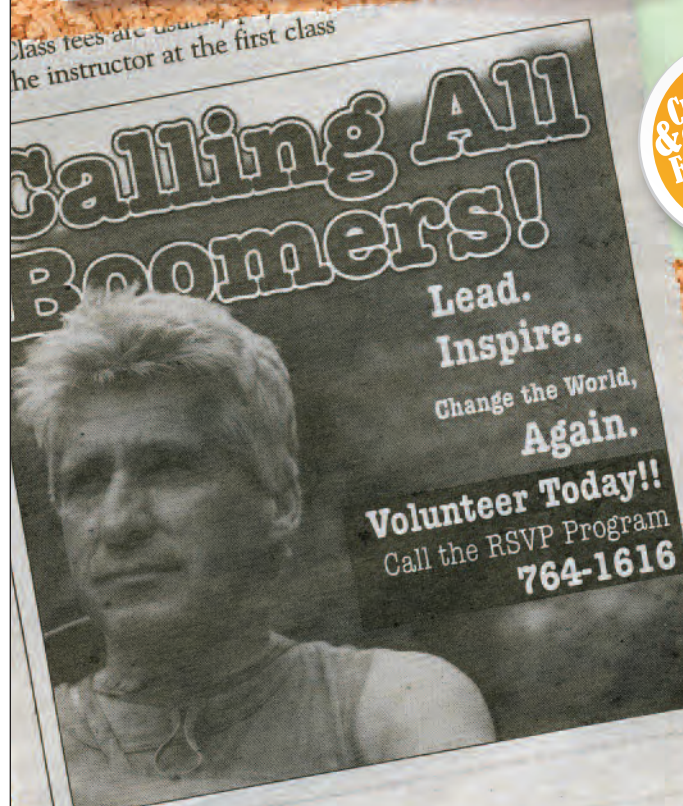
### DSA Golf Tournament

The Department of  
Senior Affairs hosts a  
golf tournament twice  
yearly. For information:  
James Mader, N.  
Domingo Baca  
Multigenerational  
Center, 764-6475



Bear Canyon  
Renovations  
Underway.  
[www.cabq.gov/seniors](http://www.cabq.gov/seniors)  
for updates

Look inside for  
Cultural Affairs  
events!



Grow with us!  
Barelas Community Garden

Sign up at  
front desk.